



# FREE MENTAL HEALTH FIRST AID TRAINING

A person you know may be experiencing an emotional or mental health related-crisis. Learn how to help a friend, family member, co-worker, or neighbor in need by attending this training by Kathryn S. Dean, MSSW, Coordinator, CT-DBHRN

**SEPTEMBER 24, 2019**

**3 - 5 PM**

**OLD SAYBROOK PAVILION**

To register for this free training, please  
call (860) 395-3190



Sponsored by CRAHD- Ct.  
River Area Health District