

***Rescheduled from May 3rd**



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

ADULTS WHO WORK WITH YOUTH

Saturday, June 21, 2025

9:00 AM To 3:30 PM

**Santiago de Compostela Catholic Church
Parish Hall**

21682 Lake Forest Dr, Lake Forest, CA 92630

Training is free, *2 hour online prework required*

Mental Health First Aid - Mental health First Aid USA is an evidence-based training that teaches participants how to identify, understand and respond to someone who is experiencing a mental health or substance-use challenge.

Why is Mental Health Literacy Important? What people in a parish know and believe about mental illness will have a direct impact on a parish's ability to minister. Adult **Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among our communities and ministries.**

Questions?

Contact Rebecca Freeman Pastoral
Care Ministry Coordinator
rfreeman@rcbo.org (714) 282-6059



**OFFICE FOR
FAMILY LIFE**
DIOCESE OF ORANGE

**REGISTER BY
WEDNESDAY, JUNE 11TH**

**CLICK or
SCAN ME**

