



# MENTAL HEALTH FIRST AID®

Sometimes first aid isn't a bandage, or CPR, or calling 911. Sometimes first aid is **YOU.**

What: Mental Health First Aid Training

Where: 500 Fair Meadow Drive, Webster City, IA  
50595

When: August 16<sup>th</sup>, 8:00 AM to 4:30 PM

There is no charge for the training, but lunch will be on your own.

*Register now to become the change!*

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ ext. \_\_\_\_\_

Job Title: \_\_\_\_\_ Employer: \_\_\_\_\_

Sponsored by:

Send completed registration form to [carrie.hisler@cicshmhs.org](mailto:carrie.hisler@cicshmhs.org)