

# Attention members of the Veteran Community

If I sprain my ankle, chances are you will know what to do.



If I have a panic attack, chances are you won't.

## Become certified in Mental Health First Aid

In support of the Veteran Community and in partnership with Veterans Affairs Canada, a customized version of the Mental Health First Aid for members of the Veteran Community is being offered in your area.

Mental Health First Aid Veteran Community is the help provided to members of the Veteran Community developing a mental health problem or experiencing a mental health crisis. It does not train people to become counsellors or therapists and just like with physical first aid, we need to ensure that those most in contact with members of the Veteran Community can identify an emerging mental health problem and respond effectively in the event of a crisis.

For more information and to register contact:  
Kim, Veteran Family Services Facilitator at  
705-424-1200 ext. 2046

Join us to become certified in Mental Health First Aid Veteran Community. Members of the Veteran Community will receive this training at **no cost**. Seats are limited and registration will be on a first come first serve basis.

Date: October 16th and 17th, 2019

Registration deadline:  
September 27th, 2019

Time: 8:30 am - 4:30 pm

Location: 20 Seine Lane, Building 0-109  
Room 123 , Borden, On L0M-1C0

\*Note: Military attire is not required.  
Transportation, lodging and meals are not included.