

**You CAN**  
**communicate with your kids,**  
**create a calm atmosphere,**  
**and cope with stress.**

**Learn how with a FREE**  
**Youth Mental Health First Aid Class**



**These questions and more answered —**

**What's the difference between everyday worries and mental health concerns?**

**What are the warning signs? How does mental health impact families?**

**Youth Mental Health First Aid is for everyone!**

**Become a Youth Mental Health First-Aider with skills to enhance your interactions & relationships!**

**Date: Saturday, April 27, 2019**

**Time: 8:00 am to 5:00 pm**  
(Sign-in will commence at 7:45 am)

**Location: Gateway Church**  
160 Cowan Road  
Parkesburg, PA 19365

**Please note: Participants are required to attend the full training to receive certification.**

**Register for this FREE**  
**community training by sending**  
**your name, cell phone number, and**  
**session date to**

**[ChescoMHFATrainings@gmail.com](mailto:ChescoMHFATrainings@gmail.com)**

**by April 24, 2019**

An important note, neither breakfast nor lunch will be provided. Participants are required to bring a packed lunch with them, and are encouraged to bring a snack and beverage as well.