IE20-30 Mental Health First Aid For Individuals Who Interact With Youth

Presented By: Jana McKinley

<table>
<thead>
<tr>
<th>Date(s):</th>
<th>Session Location:</th>
<th>Registration Fee:</th>
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<tbody>
<tr>
<td>Wednesday, December 04, 2019 9:00 AM - 4:00 PM</td>
<td>Light of Christ Catholic School 10140-104 Street, Lac La Biche, AB</td>
<td>$215.00</td>
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<tr>
<td>Thursday, December 05, 2019 9:00 AM - 4:00 PM</td>
<td>Light of Christ Catholic School 10140-104 Street, Lac La Biche, AB</td>
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**Audience:** Support Staff, K - 12 Teachers, Administrators, System Leaders, Parents, Community Education Partners

**Special Notes:**
Registration includes a continental breakfast and lunch.

**About the Session:**
If you've taken a physical first aid course, you've learned the skills needed to help someone experiencing a sudden illness or injury. People can also experience a mental health crisis, and it is important that more Canadians know how to provide help in these situations too. Mental health problems often first develop during adolescence or early adulthood. This course will help you to better understand and support students who may experience the following: mood disorders, eating disorders, anxiety disorders, substance use disorders, deliberate self-injury, and psychotic disorders. Mental Health First Aid is offered to someone with an emerging mental health problem or in a mental health crisis, until appropriate treatment is found or the situation is resolved. Learn the skills needed to boost your confidence in supporting student mental health.

*This learning opportunity is being offered through curriculum implementation funding from Alberta Education.*

**About the Presenter(s):**

**Jana McKinley**
Jana McKinley has been a Mental Health First Aid Instructor for the past seven years. She currently works as an instructor for the Community Social Work program at Portage College in Lac La Biche. She was employed by Northern Lights Public Schools for 18 years in a variety of roles including: Student Advocacy Counsellor, Mental Health Capacity Building Program Coordinator, and Mental Health Consultant.
Mental Health First Aid For Individuals Who Interact With Youth

Date(s): Dec 4, 2019 | Dec 5, 2019

Name: __________________________________________________________

School: _________________________________________________________

School District: ___________________________________________ Tel: ___________________ Cell: ___________________

Billing Address: ___________________________ Town/City: _____________ Postal Code: _____________

Email: __________________________________________________________

Position: ___ Administrator ___ Teacher ___ Support Staff ___ Other Specify: __________________________

Method of payment: ___ Cheque (payable to Learning Network)

___ Invoice/Purchase Order no. __________________________

FOIP Release: I understand my name will be included in a closed participants group list, as compiled by LN and made available to the presenter(s) and/or the participants of this workshop.

* REGISTER EARLY AS PROGRAMS FILL QUICKLY *

All participants who have been duly registered will receive a confirmation prior to the session. Cancellations must be received 3 working days prior to the session to receive a full refund.