



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AWARENESS UNDERSTANDING SUPPORT



**Is this just a phase my child is going through or could this be more?
How can I help a child who seems overly anxious or depressed?**

The Somerset Hills YMCA is proud to offer Youth Mental Health First Aid training to our community. Come and learn the unique risk factors and warning signs of mental health issues common among adolescents. Participants will leave with a five-step action plan to use when supporting an adolescent developing symptoms of mental illness or in an emotional crisis. This course is designed for adults who regularly interact with adolescents- at home, at work or in the community.

YOUTH FOCUSED MHFA

WHEN: AUGUST 5 AND 7
(MUST ATTEND BOTH DAYS
TO RECEIVE CERTIFICATION)

TIME: 1:00 PM - 5:00 PM

LOCATION: ST. MARKS EPISCOPAL CHURCH
140 S. FINLEY AVE
BASKING RIDGE, NJ 07920

COST: \$50.00 (valued at \$175)

OPEN TO ALL MEMBERS OF THE COMMUNITY

Please register online at www.somersetcountyyymca.org. For more information please contact Susan Visser at 908 766 7898 x553 or email svisser@somersetcountyyymca.org.

SOMERSET HILLS YMCA

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 [Facebook.com/SomersetHillsYMCA](https://www.facebook.com/SomersetHillsYMCA)

 [Twitter.com/shymca](https://twitter.com/shymca)

The Y is the nation's leading nonprofit committed to strengthening the community through youth development, healthy living and social responsibility. At the Somerset County YMCA, we believe everyone, regardless of age, income or background, should have the opportunity to learn, grow and thrive. For more information about financial assistance or to make a donation, please call 908-766-7898 or visit us at www.somersetcountyyymca.org.