



Mental Health First Aid Class

with

New River Valley Community Services & Virginia Cooperative Extension

Because we can all be more aware and more informed

Join New River Valley Community Services trained Instructors for a 8-hour long certification course that teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

FREE

When: July 31, 2019

FREE

Where: Litton-Reeves Hall, Virginia Tech Campus

175 W Campus Dr, Blacksburg VA

**Limited to
30 people**

What time: 8:00 am to 5:00 pm

**Limited to
30 people**

Pre-registration is required for this program, limited to 30 participants, no walk-ins

Please Call VCE office at 540-483-5161 to sign up.

Or email cmartel@vt.edu or lvaughn@vt.edu

Bring lunch, drinks and snacks.

Let's talk about MENTAL HEALTH

Virginia Cooperative Extension
Virginia Tech • Virginia State University

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