

# YOUTH MENTAL HEALTH FIRST AID FOR ADULTS ASSISTING YOUTH

## NEW CURRICULUM - VIRTUAL



MENTAL  
HEALTH  
FIRST AID



### HOW IT WORKS:

- FIRST COMPLETE 2HR ONLINE TRAINING (SELF-PACED)
- THEN ATTEND 4HR VIRTUAL INSTRUCTOR-LED TRAINING

Register online at: [www.plumasruralservices.org/1staidyouth](http://www.plumasruralservices.org/1staidyouth)

**NOVEMBER 19, 2020**

**1:00PM - 5:00PM**

**ONLINE**

**FREE! \$100 VALUE!**

**18YRS+ TO ATTEND**



2HR ONLINE SELF-PACED TRAINING MUST BE COMPLETED BEFORE ATTENDING THE VIRTUAL INSTRUCTOR LED TRAINING. INFORMATION PROVIDED AFTER REGISTRATION.

**For more information contact:**

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**Phone:** (530) 283-2735 ext. 882

  
**Plumas Rural Services**  
*Serving people, Strengthening families, Building communities*  
[www.PlumasRuralServices.org](http://www.PlumasRuralServices.org)

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