

IE18-01 Mental Health First Aid - Certification Course

**PRESENTED BY****Ariel Haubrich****SERIES SESSIONS**

Date	Time
November 23, 2017	8:00 AM – 4:00 PM
November 24, 2017	8:00 AM – 4:00 PM

**LOCATION****J.R. Robson School - 5102 - 46 Street****FEE****\$175.00****QUESTIONS?****Contact Us:****780-623-2248****REGISTER ONLINE****Visit our website to register:****lnes.ca**

Program

MHFA Adults who Interact with Youth is intended for an adult audience whose primary focus is youth (aged 14-25). Participants are given an understanding and overview of the most common mental health challenges and illnesses and the signs and symptoms within them. We will also explore information around stigma, responding to suicidal ideation and the interactions between substance use and mental health issues. This two-day certificated course gives participants the tools they need to interact confidently about mental health with the young people in their lives, including at schools, extra-curricular activities, social services, family, friends, and communities.

You are required to attend both days to receive certification.

This learning opportunity is being offered through a grant from Alberta Education.

Presenters

Ariel Haubrich

Ariel Haubrich works in school & community mental health as a counsellor and program manager, and as a consultant, presenter and private practitioner with government, businesses, teams, and individuals working toward personal and organizational development. She is a Certified Professional Counsellor and a registered member of the Association of Counselling Therapy of Alberta with a master's degree in Educational Psychology. Ariel has almost 20 years of experience as a counsellor and programming coordinator in school & community systems and has been involved in developing and leading school division projects, crisis response teams, and program initiatives. She has written several journal and interest articles on various school mental health topics, and enjoys providing training, presentations, and workshops provincially, nationally, and internationally. Ariel loves yoga and reading to "mind her mind," and the rewards that collaboration and connection can bring to our

lives and our teams. For more information on Ariel and her sessions, please visit www.knowledge-power.ca

Registration Notes

Registration includes a manual, continental breakfast and lunch.