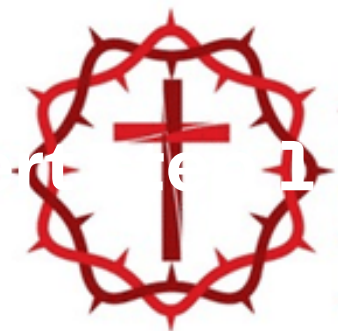


MENTAL HEALTH FIRST AID (MHFA) TRAINING



ASSOCIATION OF
CATHOLIC MENTAL
HEALTH MINISTERS

Saturday, March 5, 2022 9:30am–5pm

(Mass will follow at 5:15pm)

St. Thomas of Canterbury, 1522 McCoy Avenue

San Jose 95130, in Becket Hall

- Deacon Ed Shoener, founder of the ACMHM, brings the Catholic faith perspective to the MFHA training and will speak at the evening Mass. This course is for anyone who wants to make their community healthier, happier and safer for all.
- MHFA teaches skills to respond to and find help for someone else, or ourselves, when experiencing a substance misuse or mental health challenge. Learn to apply the MHFA Action Plan in crisis and non-crisis situations.
- Box lunch is provided. RSVP is required due to limited space.
- [Register here](#) or for more info: Kathy Mattingly kat@kajon.com



Save these numbers:

Suicide Hotline: 855-278-4204;

NAMI Warmline: 408-453-0400 (open 10am–6pm, Mon–Fri).