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ARE PROUD TO OFFER

Youth Mental Health First Aid Training

Via Zoom

with Lynne A. Bourgeois

October 12, 2022 at 9:00AM – 2:30PM

Each training has 15 slots available filled on a first-come, first served basis.

Training is offered FREE of charge for anyone living or working in the following parishes:

Acadia Parish, Catahoula Parish, Pointe Coupee Parish, Allen Parish, Concordia Parish, St. James Parish, Ascension Parish, Evangeline Parish, St. Landry Parish, Assumption Parish, Jefferson Davis Parish, St. Martin Parish, Avoyelles Parish, Lafourche Parish, St. Mary Parish, Beauregard Parish, Plaquemines Parish

This training is primarily designed for adults who regularly interact with young people (ages 12-18) on how they can help a youth when they are experiencing a mental health or addiction crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADD/ADHD), and eating disorders.

[REGISTER NOW](#)

*If you have any questions or would like more information,
please contact Lynne Bourgeois at 985-519-3362 or email at lynne@eatmovegrow.us*