Would you like to learn
Youth Mental Health First Aid (YMHFA)?

NARBHA and MHFA-USA are conducting a **FREE** 8-hour YMHFA training course to train individuals to provide YMHFA in their communities. This training is provided by Nationally-Certified Instructors.

**Our audience is often:**
- teachers, school administrators, first responders, coaches, faith-based leaders, behavioral health providers, community leaders, parents, youth leaders, etc.

**Our goals are to:**
- increase awareness and knowledge about mental illness and substance use
- decrease fear and negative reactions to human beings experiencing problems
- walk away feeling comfortable to help youth in our community

NARBHA is hosting the following training events:

<table>
<thead>
<tr>
<th>Dates</th>
<th>Thursday, March 26</th>
<th>Thursday, May 14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location</td>
<td>Mohave conf. rm.</td>
<td>Coconino conf. rm.</td>
</tr>
<tr>
<td>Time</td>
<td>8:00am – 5:00pm *1 hour lunch on your own. (Registration 8:00 – 8:15am)</td>
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</tr>
<tr>
<td>Location</td>
<td>NARBHA Building</td>
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<td></td>
<td>1300 S. Yale, Flagstaff, AZ</td>
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Register on eventbrite:
March 26th training: [http://ymhfamarch26.eventbrite.com](http://ymhfamarch26.eventbrite.com)

Training sponsored by:

Northern Arizona Regional Behavioral Health Authority (NARBHA) is the Regional Behavioral Health Authority for Coconino, Navajo, Yavapai, Apache, and Mohave counties. Funds for services are provided through a contract with the Arizona Department of Health Services/Division of Behavioral Health Services and AHCCCS.