

**Event Name Adult Mental Health First Aid (AMHFA)**

**Description** One East Palo Alto is sponsoring a 8hr. AMHFA Class. You will learn a 5-step action plan to help an individual in an emotional or mental health crisis by observing behavior that are warning signs of emotional and mental distress. You will also learn about community resources available to provide support for the individual.

*\*Certificates are given to participants who attend and complete all 8hrs. of the training.*

*\*Light breakfast (coffee, tea, juice, bagels, fruit, etc.) and Lunch (sandwiches, potato chips, desert, etc.) will be provided.*

*\*All the water you can drink will be provided.*

• **Date: Friday, May 31, 2019**

• **Time: 8:30am – 5:00pm**

• **Location**

The Barbara A. Mouton Multicultural Wellness Center  
903 Weeks Street, East Palo Alto, CA 94303

• **Language - The event will be provided in – English Only**

• **Contact – Rev. Chester McCall – [cmccall@1epa.org](mailto:cmccall@1epa.org) – 650-388-8433**

• **Registration information – Email Rev. Chester to receive the link to register on-line.**