

## UPCOMING EVENTS

# MENTAL HEALTH FIRST AID SCHEDULE

KINGDOM LOVE, LLC.

APRIL 2025

SAN MATEO COUNTY

Friday April 4

### IN PERSON ADULT MENTAL HEALTH FIRST AID

TIME: 9:00AM – 5:00PM  
LOCATION: NAMI SAN  
MATEO COUNTY

Thursday April 17

### BLENDED IN-PERSON ADULT MENTAL HEALTH FIRST AID

TIME: 8:30AM – 4:00PM  
LOCATION: CAÑADA  
COLLEGE, REDWOOD CITY

Saturday April 26

### IN-PERSON YOUTH MENTAL HEALTH FIRST AID

TIME: 9:00AM – 4:00PM  
LOCATION: SAN CARLOS  
YOUTH CENTER

Wednesday April 30

### BLENDED IN-PERSON YOUTH MENTAL HEALTH FIRST AID

TIME: 9:00AM – 3:30PM  
LOCATION: HEART & SOUL,  
INC.

Partners



REGISTRATION &  
INFORMATION

[bit.ly/SMCOUNTY](https://bit.ly/SMCOUNTY)



To do

REGISTER FOR: ☐  
MENTAL HEALTH FIRST AID ☒  
BE KIND ☒  
SMILE ☒  
☐  
☐

Note

🌱 This March, take small steps toward a healthier mind! What's one thing you'll do for your mental well-being this month? 💬💚