

# YOUTH MENTAL HEALTH FIRST AID COURSE

**MAY 5TH 9:00-5:00**

**GLEN ROCK BOROUGH HALL**

- For: parents, teachers, any adults who regularly interact with youth (12-18)
- Learn: common youth mental health challenges
- Take away: a 5-step action plan

**FREE**

**\*REGISTRATION  
REQUIRED**

**CALL 201-670-3956 TO REGISTER.  
SPACE IS LIMITED TO FIRST 35**

***CONTINENTAL BREAKFAST & LUNCH WILL BE PROVIDED***

**SPONSORED BY THE GLEN ROCK BOARD OF HEALTH &  
BERGEN COUNTY DEPT OF HEALTH & HUMAN SERVICES**