



FREE TRAINING

LEADING TO QUALIFICATION
AND CERTIFICATE

Mental Health Awareness Training (Mental Health First Aid)

We all have mental health, but sometimes this is challenged. Mental Health problems are common. This course will provide a better awareness of how to identify mental health problems, gain confidence in understanding mental health, & break down stigmas surrounding mental health related issues.

Topics covered include..



Local people are invited to take advantage of this great opportunity for high quality, practical training in a friendly environment, and will get a free manual covering a range of topics included in the course.

FREE refreshments on offer throughout sessions.

This course is delivered in 4 modules (plus additional risk assessment session of 1 hour)

Eve: Thurs 26th Jan, 2nd, 9th, 16th Feb 6pm-9pm

Weekend: Sat: 11th & 18th Feb 9.30am—4.30pm

Weekday: Thurs 23rd & Fri 24th Feb 10am—5pm

Risk Assessment sessions: Sat 18th Feb 5pm—6pm,

Thurs 23rd Feb 5.30-6.30pm, Fri 24th Feb 4.30—5.30pm.

VENUE: SIDINGS COMMUNITY CENTRE, 150 BRASSEY ROAD, LONDON NW6 2BA.

For information or to book a place contact Jocelyn Devlin at VAC on 020-7284-6563 (email: jdevlin@vac.org.uk) or call into Sidings Community Centre (tel: 020-7625-6260)