



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada



## **MENTAL HEALTH FIRST AID (MHFA) WORKSHOP**

**March 2, 3, 4 & 5, 2020**

**1pm - 4pm each day**

Location: MCAF, 28 Saunders Street, Fredericton, NB

This workshop is offered by  
**The MCAF & The Mental Health Commission of Canada**

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. The MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.

**No cost to attend, but registration is mandatory.**

Authentic cultural refreshments are provided by the MCAF Immigrant Catering Group.

**Limited Seats, registration will be on first come-first serve basis.**

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**Please fill this registration form and send it to  
[abdelhamid.eldesoky@mcaf.nb.ca](mailto:abdelhamid.eldesoky@mcaf.nb.ca)  
by Monday, February 17, 2020**

Full Name	
Phone Number	
e-mail address	
Food allergies	