Sometimes first aid is not a bandage or CPR
Sometimes first aid is YOU!
If a young person you know has a panic attack, would you know what to do? How about an eating disorder or if they deliberately harm themselves? Would you know how to recognize a condition and respond appropriately?
Learn an evidence-based action plan to help!
This important free training is recommended for teachers, coaches, social workers, physicians, first responders, police officers, faith leaders, parents and other adults in regular contact with youth. But anyone 18 or older may take it.

January 30 & 31, 2019
William A. LeDeux
Conference Room
75 Mary's Ave.
Kingston, NY 12401
9 a.m. to 1:15 p.m.
More info and RSVP
845.334.4916
mharrington@hahw.org

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