

Workshop includes:

- Free Parking Weekdays after 5:45 p.m. and Weekends
- Resource binders and materials
- Hands on exercises
- Certificate of completion
- MHFA pocket card

Notes:

- Maximum of 24 participants per session
- Participants must attend all hours to retain certification
- Groups of 20 or more may email to arrange their own training dates at Durham College at a special rate.

Location:

Oshawa Campus
Durham College
2000 Simcoe Street North

For more information about the Mental Health First Aid Certification please contact the Certified Trainer, Jennifer Laffier at:

jennifer.laffier@durhamcollege.ca



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Driving directions:

From Highway 401

- Take Highway 401 to Simcoe Street;
- Head north on Simcoe Street for about 11 km; and
- Turn left at the Commencement Drive entrance.

From Highway 407

- Take Highway 407 east to the Brock Road exit;
- Continue east on Brock Road, also known as Highway 7, which turns into Winchester Road at Baldwin Street;
- Follow Winchester Road to Simcoe Street; and
- Turn right on Simcoe Street and the Commencement Drive entrance is the second entrance on the right, a short distance after the Conlin Road intersection.

From Highway 12

- Following Highway 12 south;
- Turn left and head east on Highway 7; and
- Turn right onto Simcoe Street and the Commencement Drive entrance is the second entrance on the right, a short distance after the Conlin Road intersection.

For more information please contact:

Lorie Blundon, CHRP
CIJS/Field Placement Coordinator
T: 905.721-2000 Ext. 3695
E: lorie.blundon@durhamcollege.ca



School of Justice & Emergency Services



Centre for Integrated Justice Studies

**Durham College is
Proud to Host:**

Mental Health First Aid Certification

**Presented by Certified Trainer:
Jennifer Laffier**



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CRN #	Available Only To	Date	Time	Location
MHFA Basic CRN 22900	Students	March 31 – April 1, 2012	9:00 am – 5:00 pm	J209
MHFA Basic CRN 24727	Students	April 21 & 22, 2012	9:00 am – 5:00 pm	JW207
MHFA Youth CRN 10342	Students	May 5 & 6, 2012	9:00 am – 5:00 pm	JW207

Course Name: **Basic:** JUST 1056 **or Youth:** JUST 1057

What is Mental Health First Aid?

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved. 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 or clients.

MHFA shares the same overall purpose as traditional first aid – to save lives. It aims to:

- Preserve life where a person may be a danger to themselves or others.
- Provide help to prevent the mental health problem from developing into a more serious state.
- Promote the recovery of good mental health and provide comfort

Presenter

Jennifer Laffier, PhD, (candidate) M.A. C.
Psych, RCAT,

Is a Counseling Psychologist and Professor with over 18 years working in the mental health field. She has presented nationally and internationally on topics of mental health, youth, interventions and treatments and education. She is a certified Mental Health First Aid Trainer from the Mental Health Commission of Canada and trained in Trauma Counseling, CBT Therapy, Crisis Intervention and Emotional Intelligence.

Course Fee:

Durham College Students - \$140 + HST
Payment is due 2 weeks before training date.
Fee includes certificate, resources, and manual.

Registration:

Phone: 905.721.3000, student must give course code over the phone and have a credit card for payment.

In Person: Registration department, student must have course code, method of payment – cash, debit, credit card.

**There are 2 types of certifications: The Basic Course- 12 hrs and the 'Adults who interact with Youth', 14 hrs.*