

SPRING LAKE FAMILY SUPPORT SERVICES
A PATH 4WARD: OPIOID RECOVERY AND RESILIENCE PROGRAM

YOUTH MENTAL HEALTH FIRST AID TRAINING

IN PARTNERSHIP WITH MID-CAROLINA REGIONAL COUNCIL



WHO SHOULD ATTEND?

COMMUNITY MEMBERS,
CAREGIVERS, EDUCATORS,
FIRST RESPONDERS, FAITH
LEADERS, ANYONE
INTERESTED IN SUPPORTING
MENTAL HEALTH AND WELL
BEING.

LUNCH PROVIDED
LIMITED SEATING
RSVP BY
7/15/2026

CRAINES@MCCOG.ORG

YOUTH MENTAL HEALTH FIRST AID

JULY 29, 2026

9AM - 5PM

BEYOND BLUE NEIGHBORHOOD CENTER
1800 OWEN DR, FAYETTEVILLE NC, 28304

- **WHAT YOU WILL LEARN:** HOW TO RECOGNIZE COMMON SIGNS AND SYMPTOMS OF MENTAL HEALTH CHALLENGES. HOW TO APPROACH SOMEONE IN CRISIS. HOW TO OFFER INITIAL SUPPORT AND CONNECT THEM WITH APPROPRIATE CARE. LEARN SKILLS FOR LISTENING WITHOUT JUDGMENT AND PROVIDING REASSURANCE.

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Mental Health
FIRST AID



SPRING LAKE
FAMILY
SUPPORT
SERVICES
"THE KINSEY HOUSE"

Alliance
Health



**MID-CAROLINA
REGIONAL COUNCIL**
Creative Regional Solutions