

# South Chicago Neighborhood Network

Join us for a free Mental Health  
First Aid Training!

Date: Tuesday February 11, 2025  
Time: 9:00am - 4:00pm  
Venue: The Salud  
3039 East 91st Street  
Chicago, IL 60617



An empowering Mental Health first aid training where we'll explore how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary.



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### Benefits:

- Three-Year certification with full day attendance
- Light Breakfast and Lunch provided
- Supportive community discussions
- Resources for continued support

Let's Break  
the Stigma!

For more information regarding this event please contact Program Manager Tiarra Owens at (773) 734-9181 or via [Tiarrao@claretianassociates.org](mailto:Tiarrao@claretianassociates.org).

