

MENTAL HEALTH FIRST AID

WHEN

December 23, 2025
8am - 5pm

WHERE

Sunnyside Regional Library,

5566 E. Kings Canyon Rd,
Fresno, CA 93727



DBH is offering a Mental Health First Aid course in **December of 2025**. An invitation has been extended to **fifteen (15)** interested individuals that would like to attend this upcoming training. Please RSVP below, seating is limited. **

****Anyone that does not register via the Eventbrite RSVP Link will not be admitted into to the training.**

REGISTER HERE!

**DBH INVITES
15 ATTENDEES**

RSVP DEADLINE:
December 19, 2025

WHAT IS MHFA?

Mental Health First Aid is an 8-hour course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis.

WHO SHOULD TAKE THE COURSE?

Mental Health First Aid is intended for all people and organizations that make up the fabric of a community.

MHFA VISION:

Our vision is for Mental Health First Aid to become as common as CPR and First Aid training. That means having regular courses offered in every community across the US.