Virtual Training for BPS’ Parents
(Part 1: 2 hour, self-paced course & Part 2: 4 hour, Instructor-led Zoom session)

This course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

**WHAT YOU WILL LEARN:**
❖ Common mental health disorders
❖ Risk factors and warning signs
❖ How to distinguish between typical adolescent development & a mental health concern
❖ How to help someone in crisis & non-crisis situations
❖ Local Resources

**The 2-hour, self-paced online course must be completed prior to the live sessions scheduled below.** A link to the self-paced will be provided 1 week before your live course.

Choose 1 of the following options:
➢ Wednesday, September 30th from 9am – 1pm
➢ Saturday, October 17th from 8am – 12pm
➢ Tuesday & Thursday, November 17th & 19th from 6pm – 8pm

**CLASS SIZE IS LIMITED. REGISTRATION REQUIRED**
Email Kelly Sarria at Sarria.kelly@brevardschools.org to register

Visit [https://www.mentalhealthfirstaid.org/population-focused-modules/youth/](https://www.mentalhealthfirstaid.org/population-focused-modules/youth/) for more information.