



**MENTAL
HEALTH
FIRST AID**
Australia

MENTAL HEALTH FIRST AID TRAINING

Become a mental health first aider

Learn skills to support Aboriginal and Torres Strait Islander people in your community



Malden Ngurr Ngurra
Lithgow Transformation Hub



Saturday 22nd July &
Sunday 23rd July 2023
9am-4pm

Register at:

Mingaan.lithgow@gmail.com or
0484 189 122



Come and join us!