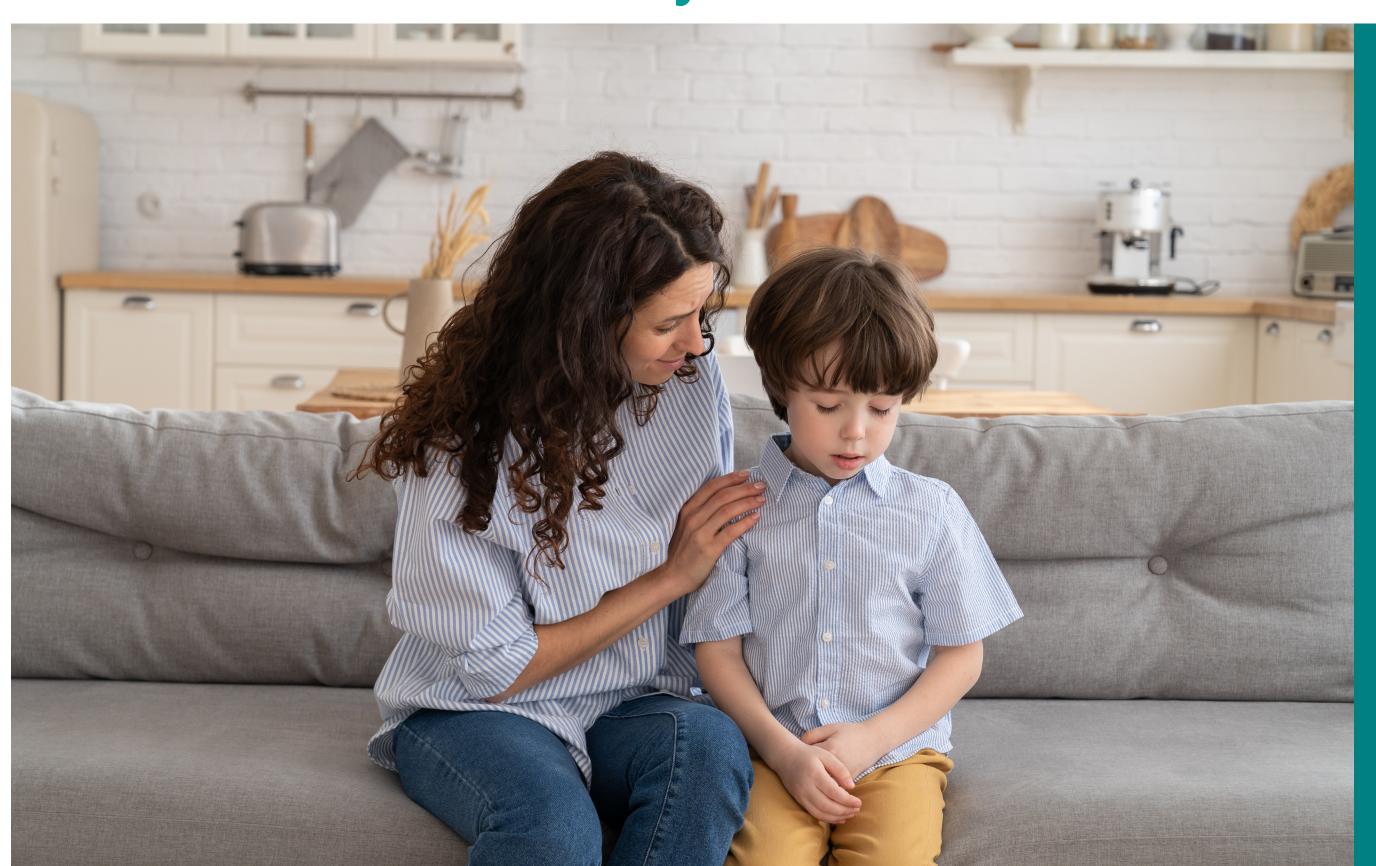
Do you want to be able to gain a greater understanding of how to support your family's, your friends, your colleagues and you own mental health? We are offering free training to be delivered in schools across Blackburn with Darwen:

Mental Health First Aid, Full Training Package - 16 Hours
Youth Mental Health First Aid, Full Training Package - 16 Hours
Mental Health First Aid Champions Training - 8 Hours
Mental Health First Aid Awareness - 4 Hours
Youth Mental Health First Aid Awareness - 4 Hours
Supporting Family Mental Health - 8 Hours
Understanding Adverse Childhood Experiences - 8 Hours

All of the above courses are available to staff, parents and volunteers in your school



## Family Learning