



MENTAL HEALTH FIRST AID

ADULT MENTAL HEALTH FIRST AID

In-Person Certification Course

Adult Mental Health First Aid is an 8-hour training to teach you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

DATE: SATURDAY, SEPTEMBER 19, 2026
9:00 AM - 5:00 PM

LOCATION: ZION BAPTIST CHURCH,
801 WASHINGTON ST
COLUMBIA, SC 29201

REGISTER IN ADVANCE FOR THIS TRAINING AT THE LINK OR QR CODE BELOW
[HTTPS://WWW.SURVEYMONKEY.COM/R/2K7MFKY](https://www.surveymonkey.com/r/2K7MFKY)

REGISTRATION MUST BE SUBMITTED NO LATER THAN:
WEDNESDAY, SEPTEMBER 9, 2026

**THE TRAINING IS FREE AND WILL PROVIDE ALL TRAINING MATERIALS,
A CONTINENTAL BREAKFAST, LUNCH, AND AFTERNOON SNACKS.**
FOR QUESTIONS OR CONCERNS PLEASE CONTACT:
AVA DEAN @ DEANA@HOTLIFELINE.ORG

Sponsored by
ZION BAPTISTCHURCH
AND
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