



Youth Mental Health First Aid

Free Community Training

Whether you work with children and youth, or you're a parent or caregiver, **you can play a critical role in helping children and youth thrive.**

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges in young people ages 12-18.

This training includes:

- **Common signs, symptoms and risk factors** of mental health and substance use conditions in youth
- Information on trauma, substance use, self-care and the impact of social media and bullying.
- **A 5-step action plan** on how to help young people in both crisis and non-crisis situations.



Wednesday,
May 27, 2026



8:30 AM–4:30 PM



**Tri-City MHSA
Administrative Office**
2001 N. Garey Ave.
Pomona, CA 91767



Who can attend

Open to parents, caregivers, educators, service providers, and all community members who work with youth in Pomona, Claremont, and La Verne.

For more information

Empower your community with knowledge and support. Learn how to host or attend a free mental health training in Pomona, Claremont, or La Verne.



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(909) 242-7636



Register by Friday,
May 22, 2026

tinyurl.com/jz97bnsf