



**Opening
Minds**

**MENTAL HEALTH
COMMISSION
OF CANADA**

CERTIFICATE OF PARTICIPATION



This is to certify that

Tamara Larson

has completed

**Mental Health First Aid
Supporting Youth Blended (10-hour)**

Participants learn skills for providing initial help to young people experiencing a decline in their mental well-being or a mental health or substance use crisis.

Julie Donaldson

Julie Donaldson
Director – Program Delivery, Opening Minds

February 16, 2024
Certificate Number: 431224