



Community Helpers

Training

Are you someone others naturally turn to for help?

Do you want to learn more about how to help others?

The Community Helpers Program trains individuals in helping skills. Participants learn more about mental health issues, suicide prevention, support skills, community resources and self-care. When people can talk to someone—a family member, friend or neighbour—about their mental health, they feel better supported and are more willing to get further help if they need it. The program offers training to those people to become natural Community Helpers.

In-person:

Rocky View Education Centre-

2651 Chinook Winds Dr, Airdrie

Saturday, April 17th 2021 9:00am-4:00pm

(lunch provided)

Online dates:

(only if training can't be done in person due to Covid restrictions)

Saturday, April 17th & 24th & May 1st 2021: 9:00am-12:00pm

For more information contact: mae.kroeis@cochrane.ca

Register online at: <https://register.rockyview.ab.ca/public/>

Cost: FREE

