

“First Impressions”

Each and every person we meet is one of God’s own children, as are each of us. Our first impression to them could have an eternal consequence; at the very least, it could make their day.

You can make someone’s day better! Get trained.

- + How do we prepare our hearts for the many different types of people we will meet in any given day?
- + What skills do we need to meet the needs of those who come to us for help?
- + How can we make things brighter for each person we come into contact with?

“Mental Health First Aid”

This course is for anyone who wants to provide initial help to someone who may be experiencing symptoms of a mental illness, crisis or concern. The course gives tools to help friends, family members, colleagues or others in the community.

You could be the help someone needs. Get trained.

Four reasons to become a Mental Health First Aider.

1. **To be prepared.** Just as you learn CPR, learn how to help in a mental health crisis.
2. **Mental illnesses are common.** 1 in 5 adults, youth and adolescents are affected in any given year.
3. **You care.** Be there for a friend, family member or colleague.
4. **You can help.** People with mental illness often suffer alone.

"Listening & Sharing”

Learn the art of listening to serve as gentle counsel and to notice cues that could open the door to sharing the plan of salvation.

You could be the answer to someone’s prayer. Get trained.

Using simple Billy Graham tracts, Rev. Pearce will instruct us in God’s Word, and give us real life examples drawn from real experiences so that we can be instruments of peace and grace. Instruction, along with help from the Holy Spirit, will enable us to share in a safe, nonthreatening way so that everyone can share in the hope and promises of God.



REGISTRATION FORM

Your Name _____

Your Address _____

Organization represented: _____

Phone where you can be reached: Day (_____) Night (_____)

Email for confirmation/cancellation: _____ @ _____

Indicate which sessions you plan to attend with an "X" over the session number box.

Example: Session 1

"First Impressions" Brown Bag FREE to Hope Southern Indiana Volunteers. \$5 to all others.					
Feb. 23	Session 1 - 11:30-12:30 Session 2 - 12:30-1:30	Session 1	Session 2	\$ _____ enclosed	RSVP due by 2/17
"Mental Health First Aid" FREE to Hope Southern Indiana Volunteers. \$5 to all others.					
June 7	All Day Session - 9-4	All Day Session		\$ _____ enclosed	RSVP due by 6/1
"Listening & Sharing" FREE to Hope Southern Indiana Volunteers. \$5 to all others.					
April 13 AND Sept. 21	Session 1 - 11:30-12:30 Session 2 - 12:30-1:30	Session 1	Session 2	\$ _____ enclosed	RSVP due by 4/6 OR RSVP due by 9/14

Please return this form and payment, if applicable, to Angie Graf at Hope Southern Indiana. Make checks payable to Hope Southern Indiana Workshops. If you have questions, call 812.258.9157.