



Bethel United Methodist Church and The HERO Project host
A Free Public Behavioral Health Training
&
QPR Certification

Mental Health Awareness – Substance Abuse Support – Suicide Intervention

Behavioral health problems affect many people. We often have a friend, relative or acquaintance struggling with such challenges, but we are unsure how to give the help and support needed. CAP & QPR prepares you to better recognize, understand, and intervene in these situations.

CAP (community & congregational assistance program) provides individuals, groups, families, coaches, faith groups and others with interactive education on substance misuse and mental health. Topics include:

**Stigma - Substance Abuse - Problem Gambling - Suicide Risk Screening
Referral Resources - And More...**

A program of the CT Department of Mental Health and Addiction Services (DMHAS), CAP training will also provide QPR (Question, Persuade, Refer) suicide prevention certification.

This a free 6-hour, 2-day training

Tuesday June 4 and Wednesday June 5, 2019

5:30-9:00 p.m.

Dinner will be served

At Bethel United Methodist Church
141 Greenwood Avenue
Bethel, CT 06801

Registration is required (seats are limited)

Email theheroproject.bethel.ct@gmail.com

Let's Keep Families and Communities Healthy & Safe!

Sponsored by:

