

Help Yourself Help a Friend

If you are aged 15-18, become
a Teen Mental Health First Aider



December 3, 10 and 17
4-5:30 PM
Must attend all sessions.

The Cove
46940 S Shangri La Drive #15
Lexington Park, MD 20653

For questions or to register,
call or message Laura at
240-808-1875