



Introduction to Mental Health First Aid®

Helpful info for Landlords, Property Managers, & Tenants



WEDNESDAY, JANUARY 24TH | 11:30 AM-1 PM

DOWNTOWN FARGO PUBLIC LIBRARY, 102 3RD ST. N. FARGO

HAVE YOU EVER HAD A TENANT WHO WAS EXPERIENCING A CRISIS OR STRESSFUL SITUATION AND YOU WEREN'T SURE HOW TO DEAL WITH IT?

Jode Freyholtz-London, Founder and Executive Director of Wellness in the Woods, will be presenting an introduction to mental health first aid. Not only will you leave equipped with some helpful tools to use during these high stress situations, but also a greater sense of confidence in your ability to handle them on the spot.

This **free event** is sponsored by SOFTL (Successful Outcomes for Tenants and Landlords). Please feel free to bring your lunch! Accommodations will be made upon request.

RSVP to emmas@lakesandprairies.net to reserve your spot.