

If you had a broken leg, would you try to fix it yourself?



Let's destigmatize mental health services and learn skills/resources to share if someone comes to us for help.

Introduction to Stress First Aid
Tuesday, May 23

Mount Zion First African Baptist Church
105 Lankford Avenue
Charlottesville, VA 22903
6:00 p.m. – 7:30 p.m.

Stress First Aid is a combination of knowledge and skills designed to save a life, prevent further harm, and promote recovery.

» Session taught by Charlottesville Vice Mayor, Juandiego Wade



Register by scanning the QR code, visiting <https://tinyurl.com/3ythfe5d>, or by contacting Jackie Martin @jgm9u@uvahealth.org or 434-243-8352

Refreshments provided & walk-ins also welcome