



Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

Sometimes, first aid is **YOU!**

Someone you know could be experiencing
a mental illness or crisis. You can help them.



October 3, 2025
8:30am – 5:00pm
South Florida Wellness Network, Inc.
3408 NW 7th Avenue
Miami, FL 33127
Call for more information:
RSVP (954) 533-0585



Sometimes, the best first aid is you.
Take the course, save a life,
strengthen your community.

