

# **MENTAL HEALTH FIRST AID**

## **DROP-IN SESSIONS**

<b>DATE</b>	<b>TIME</b>	<b>FIRST AIDER</b>
Wednesday 9th December	11:00 - 12:00	Aimee Stewart
Thursday 10th December	14:00 - 15:00	Nick Magrane
Thursday 17th December	9:00 - 11:00	Emily Hotine
Monday 11th January	13:00 - 14:00	Jo Snoeck
Tuesday 26th January	10:00 - 11:00	Lucy Paterson
Friday 12th February	10:00 - 11:00	Nicky Iyer Odette Dawkins

*Mental Health First Aiders will be free during stated hours. If their Teams status is available, just give them a call for a chat!*