



# Mental Health First Aid Certification

## Empower Yourself to Respond to Mental Health Challenges

**REQUEST A DATE & LOCATION  
WRITE TO KIMEIKO@PM.ME**

Join Registered Psychotherapist Kimeiko Dover in this interactive 9-hour certification course. Learn essential tools to support individuals experiencing a mental health decline or crisis. Delivered online or in-person for your convenience.

## Certification with Registered Psychotherapist Kimeiko Dover

Mental health challenges impact us all -- at school, home, and in our communities. This course equips you with essential awareness of mental health issues and support tools, promotes access to appropriate care resources, encourages self-care, and actively reduces stigma.

## Key Certification Takeaways

- Learn to use Mental Health First Aid actions to respond confidently to anxiety, depression, substance use, suicidal ideation, panic attacks, and other mental health challenges
- Acquire resume-enhancing certification from the Mental Health Commission of Canada

## Why Choose This Training?

- Reduce anxiety and overwhelm, increase interpersonal effectiveness, and improve self care
- Small, interactive class
- Expert instruction from Kimeiko, a Registered Psychotherapist with 30+ years of teaching experience

## Registration Details

- \$300 online; \$350 in-person; group rates
- Student and sliding scale rates available
- Questions? Contact kimeiko@pm.me



### Insurance Eligibility

Fee may be reimbursable if your plan covers Registered Psychotherapists



### Clarity in Crisis

Confidently support mental health challenges in any environment.



### Engaging Teaching Style

Compassionate, interactive, and impactful learning with an expert.

***“Great course presented in an easy-to-follow format–Kimeiko’s facilitation was spectacular!”***



This course helps you gain practical tools for fostering empathy and supporting mental health.