



Summer 2024

CMHB Partner Events at the Community Recreation Center (CRC)

229 Madison St. Oak Park, IL



Saturday 6/8: Mental Health First Aid Training-Youth
9:00am-2:00pm
CRC Community Room
Register at: <https://bit.ly/MHFAjune8>
Registration closes 72 hours before training

NAMI Metro Suburban FREE Community Training –6.5 continuing education credits (CEUs & CPDUs)
Description: This class is for adults who interact with youth (typically ages 11-17) experiencing mental health challenges. Participants will learn how to reduce stigma surrounding having mental illness and utilizing mental health resources. Participants will complete 2 hours of pre-work prior to the instructor-led portion of the class.



Tuesdays 6/11-8/6: Youth Mindfulness Yoga
1:00pm-2:00pm
CRC Community Room
Register by emailing: lbryan17@depaul.edu

DePaul Family and Community Services FREE summer series for students (ages 8-13)
Description: DePaul Family and Community Services is hosting a FREE Mindfulness Group for young students to foster empowerment and self-discovery. From yoga flows to guided meditations to journaling exercises, your child will discover tools for self-care, focus, growth, and calm in this 8-week program.



Saturday 7/13: Mental Health First Aid Training-Adult
8:00am-2:00pm
CRC Community Room
Register at: <https://bit.ly/MHFAjul13>
Registration closes 72 hours before training

NAMI Metro Suburban FREE Community Training –7.5 continuing education credits (CEUs & CPDUs)
Description: Mental Health First Aid for Adults teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and addictions. Participants will complete 2 hours of pre-work prior to the instructor-led portion of the class.

**Dates/times subject to change.*