



Mental Health First Aid

Essentials

A Two-day course focused on core knowledge and practical skills from the Mental Health Commission of Canada

Date: Thursday, May 27 and Friday, May 28 (Must attend both days)

Time: 1:00pm - 4:30pm both days

Location: Christ the King Parish, 3239 Garnet Street, Regina

Cost: \$100/person (MHCC fee)

Register by May 18.(Space is limited)

Email: secretary@christtheking.ca

Phone: (306) 586-9020.

**MAY 27
& 28
2026**



Facilitated by Deacon Eric Gurash of Emmaus Support Mental Health Ministries, this practical, faith-informed training will help you recognize signs of mental health challenges, respond with confidence and compassion, and support others in finding appropriate help. Ideal for clergy, parish staff, leadership, and front-line volunteers.



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Health
Ministries

FOR MORE INFORMATION: WWW.EMMAUSSUPPORT.CA