Mental Health First Aid Classes

Mental Health First Aid is a unique program designed to give you the tools necessary to recognize common mental health problems and provide you with a course of action. This one-day, eight-hour class is open to all adults who want to better understand mental illness and how to help someone showing signs of distress.

Upcoming Classes:

Adult-Focused Mental Health First Aid
Thursday, August 31 - 8:00am - 5:00pm
Aurora Strong Resilience Center
1298 Peoria St., Aurora, CO 80011
Cost: $20 (includes workbook)

Youth-Focused Mental Health First Aid
Thursday, September 28 - 8:00am - 5:00pm
Aurora Strong Resilience Center
1298 Peoria St., Aurora, CO 80011
Cost: $20 (includes workbook)

Space is limited. Please register at www.mhfaco.org.
13th Annual Spring Benefit Luncheon Raises Funds and Awareness

This year, Aurora Mental Health Center was thrilled to host the 13th Annual Spring Benefit Luncheon and welcome over 380 guests to the event, which was held May 8 at the Hyatt Regency Aurora-Denver Conference Center. Event Chair and Board Member Rachel Nuñez warmly greeted guests and announced AuMHC’s Early Childhood and Family Center as the recipient of the funds raised from this year’s luncheon. We were honored to have Aurora Mayor Steve Hogan serve as emcee.

The highlight of the event was a humorous and thought-provoking keynote speech by comedian and mental health advocate Big Daddy Tazz. A man who denied for 30 years that he suffered from mental illness, he now uses his story to educate and encourage others. Guests also viewed a moving video that illustrated the impact and importance of the support offered to families in our community through the Center’s award winning Early Childhood and Family Center.

Many thanks to all attendees and sponsors, and a special thanks to longtime supporter and title sponsor, Citywide Banks. The luncheon was a tremendous success, raising $65,047 to further the important work of the Early Childhood and Family Center.