

# Psychological First Aid for a Pandemic

**PRESENTED BY****Alberta Health Services Staff Members****SERIES SESSIONS**

Date	Time
October 14, 2020	4:00 PM - 6:00 PM

**LOCATION****Online****FEE****\$0.00****QUESTIONS?****Contact Us:****[crc-register@arpc.ab.ca](mailto:crc-register@arpc.ab.ca)  
403-291-0967****REGISTER ONLINE****Visit our website to register:  
[crpcd.ab.ca](http://crpcd.ab.ca)**

## Program

TARGET AUDIENCE: ALL SCHOOL STAFF AND PARENTS ARE ENCOURAGED TO ATTEND

Psychological First Aid (PFA) is considered to be the first stage intervention during a disaster or emergency. During a pandemic, how we respond looks different but the principles are the same.

PFA Online Training allows responders to provide support over the phone to individuals that may be quarantined, in self-isolation, or practicing physical distancing in order to prevent the spread of a pandemic.

Research shows that people recover better after a disaster or emergency if they:

- feel safe and connected to other people
- have social, physical, and emotional support
- feel like they can help themselves and their community

The 2 hour interactive online training will cover essential tools, key PFA action principles, and self-care for responders.

[Psychological First Aid \(PFA\) Fact Sheet](#)

## Presenters

**Alberta Health Services Staff Members**

## Registration Notes

- Training is done in real-time with opportunities for audience participation.
- Audio required.
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