

Psychological First Aid for a Pandemic (REPEAT)



PRESENTED BY

Alberta Health Services Staff Members:



SERIES SESSIONS

Date	Time
November 02, 2020	4:00 PM – 6:00 PM



LOCATION

Online

FEE

\$0.00

QUESTIONS?

Contact Us:

crc-register@arpc.ab.ca
403-291-0967

REGISTER ONLINE

Visit our website to register:
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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Opportunities to K-12 Education Staff**