



## Psychological First Aid for a Pandemic

Presented By: **Alberta Health Services Staff Members**

Fee: **\$0.00**

### **Date(s) & Time(s)**

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

### **Venue:**

Online

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### **About the Session**

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](#)

### **About the Presenter(s)**

**Alberta Health Services Staff Members** Kathy Jarrell and Janet Arsenault

### **Registration Notes:**

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