

Psychological First Aid for a Pandemic (REPEAT)

**PRESENTED BY**

**Alberta Health Services: Angela
Lounsberry and Stephanie Sands**

**SERIES SESSIONS**

Date	Time
November 23, 2020	4:30 PM - 6:30 PM

**LOCATION**

Online

FEE

\$0.00

QUESTIONS?**Contact Us:**

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

REGISTER ONLINE

Visit our website to register:
crcpd.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



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Opportunities to K-12 Education Staff