



Psychological First Aid is all about you. Helping yourself and others deal with grief, loss, stress and trauma.

High stress levels, burnout, suicidal thoughts (and actions), and mental illness are realities for individuals. These emotional, psychological, and social wellbeing issues are often triggered by our day-to-day environments, such as workplaces and schools.

The Canadian Red Cross Psychological Course broadens the focus of first aid training from a crisis-centred approach to one of resiliency-building, which is more effective for improving outcomes for individuals and others in their care.

Participants will gain insight into understanding loss and grief, develop a self care plan, and learn links to valuable resources. Course includes advanced online learning, (45 to 90 minutes) and a full day of facilitated classroom work.

3-year certification

(digital certificate issued upon successful completion)

June 19 & 26 5-8:30pm both evenings ~ OR ~ July 19 9-5pm

Cost - \$150

To Register or for more information contact: Kristie Balatsoukas

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