

Psychological First Aid Online Workshop

PFA is an internationally recognized method of support intended to help people during and after a disaster or emergency. It uses a holistic, community wellness approach to help reduce levels of emotional distress for individuals, families, and communities through practical care, compassion, connection, and support from others.

Course Description

This interactive workshop and aims to share knowledge, teach skills, build confidence, and increase capacity to support people in the face of a disaster or emergency.

Workshop Facilitated by

Next Workshop

Date

Time

How to Register

Note This is an interactive workshops, audience participation is required.

System requirements

- Internet connection
- Audio (headset with microphone preferred)
- Access to MS Teams or Zoom (details sent out prior to the workshop)