

Psychological First Aid (PFA)

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.

Workshop Description

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

Upcoming Online Workshops for Individuals, Community Members, and Service Providers:

Monday August 28, 2023 1:00pm – 4:00pm [Click Here to Register](#)

Tuesday, August 29, 2023 9:00am – 12:00pm [Click Here to Register](#)

Tuesday August 29, 2023 1:00pm – 4:00pm [Click Here to Register](#)

*Advance registration is required.

Questions

Email Mental Health Promotion & Illness Prevention at: HPDIP.MH.EarlyID@ahs.ca

System Requirements

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