

Free
COURSE



Supporting yourself and others through the pandemic

Psychological First Aid (PFA)

This course offers information and practical supports for individuals who want to help others after COVID-19 and other disasters/emergencies. It explores the phases of disaster, how we care for ourselves during this, and skills that can position us to support others including how to comfort them, help meet their needs and help them connect to other resources/supports.

FOR:

Everyone – professionals and community members alike!

WHEN:

Workshops offered weekly. For dates and times visit strathcona.ca/pfa

WHERE:

Online, Microsoft Teams

To register, visit:

strathcona.ca/pfa

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COMMUNITY FOR ALL



Alberta Health
Services

Mental Health
Capacity Building



STRATHCONA
COUNTY