



Psychological First Aid Training



Danel Lipparelli of the American Red Cross will teach participants how to cope with emergencies. Come learn how to prepare, respond to, and recover from trauma.

TWO CLASSES!

Tue March 13
1300-1700

Fri March 16
1700-2100

400 Edison Way, Reno
Room 5

FREE!

Registration
remsaeducation.com
Class size limited to 30

Objectives

- Learn how to spot stress
- Learn how to reduce stress by using "resilience" - your ability to bounce back
- Build your resiliency
- Give immediate support to people in stressful situations
- Practice psychological first aid skills

Community resources will also be shared for both adults and children. You can use this information to help children or other adults. After completing the course, participants will also be able to share their knowledge and teach others in the community what they learned.

For more information, please contact
hr@remsa-cf.com or peersupport@remsa-cf.com