



Red Cross Psychological First Aid

Recognize and assist people in crisis

Develop in-depth knowledge and techniques to recognize and assist people who are experiencing loss, grief, trauma, and stress, with an emphasis on self-care and personal protection.

Learn to apply the Red Cross Look, Listen, Link, Live model – a resiliency-building approach to emotional, psychological, and social well-being that teaches you how to help people cope with the effects of various types of stress and linking them to resources and support within themselves or in the community.

Course details

Oct 5 | CRN 80281
Nov 30 | CRN 80282
1 session,
Sat, 8:30 am–4 pm
Clearbrook Centre
Abbotsford
Cost: \$215

To register:

Call 604-854-4501 or
1-888-504-7441 x4501
Accepting Visa,
MasterCard or
American Express.