

Psychological First Aid Workshop



Often, first aid is associated with bodily ailments, but first aid is also required for your brain. Learning psychological first aid skills for mental health are fundamental for our well-being.

Psychological First Aid (PFA) is a one-day training which teaches a specific response used in the recent aftermath of an incident. It can also be utilized in your everyday practice as it's designed to reduce the initial distress caused by traumatic events, and to foster short- and long-term adaptive functioning.



Date:
Thursday
March 23rd, 2023

Time:
9:00am – 4:00pm

Price:
In person - \$225
(including lunch & snacks)

Where:
Aulneau Renewal
Centre
228 Hamel Avenue



Facilitator:

Caprice Kehler - is the Trauma Team Lead with NorWest Co-op Community Health. She's worked with NorWest for 20 years in community development and crisis management. In the last two years Caprice's work has focused on partnering with the WRHA in providing psycho-social supports to social service and health care employees across the province and facilitating Psychological First Aid and Post-Traumatic Stress Management trainings across Canada. At this time, Caprice's main focus is on Mental Health and Trauma Recovery

To register please
visit:
www.aulneau.com