

FREE 2-HR TRAINING VIA ZOOM



# PSYCHOLOGICAL FIRST AID

*(New classes added for supporting Older Adults!)*

HOW TO SUPPORT PEOPLE AFTER  
AN INTENSE EVENT BY:

SUPPORTING SAFETY  
LISTENING  
COMFORTING  
CONNECTING  
INSTILLING HOPE

## FREE PFA CLASSES AVAILABLE:

**1/11 – 8:30AM – 10:30AM** – PLUS TIPS FOR THOSE SUPPORTING OLDER ADULTS

**2/10 – 12 PM – 2 PM**

**3/5 – 11 AM – 1 PM** – PLUS TIPS FOR THOSE SUPPORTING OLDER ADULTS

**3/24 – 3 PM – 5 PM**

**4/19 – 10 AM – 12 PM** – PLUS TIPS FOR THOSE SUPPORTING OLDER ADULTS

**5/12 – 10:30 AM – 12:30 PM**

**6/9 – 3 PM – 5 PM** – PLUS TIPS FOR THOSE SUPPORTING OLDER ADULTS

All training is FREE of charge. Sign up and we'll see you there!

SIGN UP NOW



**[bit.ly/PFACOSPIRIT](https://bit.ly/PFACOSPIRIT)**