

Community Education Service



Improving emotional health and well being

Psychological First Aid After a Disaster or Emergency (PFA) (Child, Youth & Families Version)

**Allison Salazar, MA School Counselling &
Stephanie Sands, B.Sc**

This workshop supports parents and caregivers to enhance skills and increase confidence when supporting children, youth and families during the COVID-19 pandemic. PFA is an internationally recognized method of support intended to help people immediately after a disaster or emergency. It provides a compassionate and caring response that addresses basic, social and emotional needs in the impact and response phases of this pandemic including: identifying and responding to common stress reactions for children/teens, understanding how to identify and address safety concerns for children/families, identifying and providing practical support for children, teens and families and strategies to help stabilize intense emotions and stress reactions for children of all age groups.

FREE WEBINAR

**October 1, 2020
6:30 PM – 8:30 PM**

[Register](#)

<http://community.hmhc.ca/>