

# Psychological First Aid for a Pandemic

Psychological First Aid (PFA) is considered to be the first stage intervention during a disaster or emergency. During a pandemic, how we respond looks different but the principles are the same.

PFA Online Training allows responders to provide support over the phone to individuals that may be quarantined, in self-isolation, or practicing physical distancing in order to prevent the spread of a pandemic.

The 2 hour interactive online training will cover essential tools, key PFA action principles, and self-care for responders.

Note:

- Training is done in real-time with opportunities for audience participation.
- Audio required.

Research shows that people recover better after a disaster or emergency if they:

- feel safe and connected to other people
- have social, physical, and emotional support
- feel like they can help themselves and their community

## Registration Information

**Training Facilitated by:** City of Calgary, Calgary Emergency Management Agency

**When:** Friday, March 5, 2021 at 1pm – 3pm

**How to Register:** Email [bonnie.lewin@calgary.ca](mailto:bonnie.lewin@calgary.ca) and In the subject line state: PFA March 5, 2021

**System requirements:** Microsoft Teams