



PSYCHOLOGICAL FIRST AID



This course equips learners in developing a personal understanding of the effects of stress, loss, trauma and grief on others, with emphasis on self-care and personal protection.

Learners will be introduced to the Red Cross Look, Listen, Link, Live model – a resiliency-building approach to emotional, psychological and social well being that teaches learners how to support themselves and other to cope with the effects of various types of stress.



Ongoing
Registration
at the
Kinsmen
Sportsplex

306-694-4483

UPCOMING COURSES

March 6 - 8:00am to 4:00pm

March 23 - 8:00am to 4:00pm

May 4 - 9:00am to 5:00pm

**Online portion is completed before attending classroom.



recreation@moosejaw.ca

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306-694-4447

