

Psychological First Aid Workshops

Learn how to identify common stress reactions, provide practical support to individuals experiencing distress, and build the skills needed to provide psychological support in a disaster.

Upcoming Free Workshops

Psychological First Aid (PFA) Basic

Psychological First Aid (PFA) is an internationally recognized method of support intended to help people during and after a disaster or emergency. It uses a holistic, community wellness approach to help reduce levels of emotional distress for individuals, families, and communities through practical care, compassion, connection, and support from others.

PFA Online Workshops

May 28, 2024	1:00 pm – 4:00 pm	Click Here to Register
June 4, 2024	9:00 am – 12:00 pm	Click Here to Register
July 11, 2024	9:00 am – 12:00 pm	Click Here to Register
August 13, 2024	1:00 pm – 4:00 pm	Click Here to Register
October 8, 2024	9:00 am – 12:00 pm	Click Here to Register
November 13, 2024	1:00 pm – 4:00 pm	Click Here to Register

*AHS Staff can register through [MyLearningLink](#)

Psychological First Aid for Indigenous Communities (PFAIC)

This workshop uses the same holistic community wellness approach as the basic PFA workshop. The key difference is this workshop focuses more on supporting the needs of Indigenous populations. The goal of this workshop is to introduce insights that could support Indigenous and non-Indigenous participants to include western and Indigenous views when offering support. We also discuss ways that PFA responders can provide culturally inclusive and safe support using a person-focused lens rather than a pan-Indigenous lens.

Note: This workshop is not intended to teach participants about specific cultural beliefs, traditions, history, or cultural competencies.

PFAIC Online Workshops

May 9, 2024	8:30 am – 12:00 pm	Click Here to Register
June 11, 2024	12:30 pm – 4:00 pm	Click Here to Register
June 18, 2024	8:30 am – 12:00 pm	Click Here to Register
July 23, 2024	8:30 am – 12:00 pm	Click Here to Register
August 22, 2024	12:30 pm – 4:00 pm	Click Here to Register
September 17, 2024	12:30 pm – 4:00 pm	Click Here to Register
October 29, 2024	8:30 am – 12:00 pm	Click Here to Register
November 28, 2024	8:30 am – 12:00 pm	Click Here to Register
December 4, 2024	12:30 pm – 4:00 pm	Click Here to Register

*AHS Staff can register through [MyLearningLink](#)

More Mental Health in Disasters and Community Mental Health Promotion information is available at: <https://together4health.albertahealthservices.ca/psychosocial-capacity-building-for-disasters-and-community-mental-health-promotion>