

# Psychological First Aid (PFA)

Healthy Albertans.  
Healthy Communities.  
**Together.**

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.

## Workshop Description

This interactive workshop aims to share knowledge, teach skills, build confidence, and increase capacity to support people in the face of a disaster or emergency.

## Upcoming Online Workshops for Individuals, Community Members, and Service Providers:

Monday August 28, 2023 1:00pm – 4:00pm [REGISTER NOW](#)

Tuesday, August 29, 2023 9:00am – 12:00pm [REGISTER NOW](#)

Tuesday August 29, 2023 1:00pm – 4:00pm [REGISTER NOW](#)

\*Advance registration is required.

## Questions

Email: [hpdp.mh.earlyid@ahs.ca](mailto:hpdp.mh.earlyid@ahs.ca)

## System Requirements

- Internet connection
- Audio (headset with microphone preferred)
- Access to MS Teams or Zoom  
(details will be sent out prior to the workshop)