

Psychological First Aid

Supporting wellbeing through skill-building workshops

Psychological First Aid 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.

This workshop is delivered online via Zoom. (available on smartphones, tablets, and computers).

Upcoming Free Workshops

Wednesday, May 21, 2025	1:00 pm – 4:00 pm	Register for May 21
Tuesday, July 8, 2025	9:00 am – 12:00 pm	Register for July 8

Psychological First Aid for Supporting Indigenous Communities

This interactive workshop covers the same content as the general PFA workshop but with a greater focus on the needs of Indigenous peoples in a disaster. This workshop isn't intended to teach participants about specific cultural beliefs, traditions, histories, or cultural competencies. The intent is to help both Indigenous and non-Indigenous participants build the skills needed to provide inclusive and safe support in a disaster and to explore ways of offering support that balances western and Indigenous views using a person-centered lens rather than a pan-Indigenous lens.

This workshop is delivered online via Zoom. (available on smartphones, tablets, and computers).

Upcoming Free Workshops

Wednesday, April 2, 2025	8:30 am – 12:00 pm	Register for Apr 2
Thursday, May 1, 2025	1:00 pm – 4:00 pm	Register for May 1
Wednesday, June 11, 2025	8:30 am – 12:00 pm	Register for Jun 11
Wednesday, June 24, 2025	8:30 am – 12:00 pm	Register for Jun 24
Thursday, August 21, 2025	8:30 am – 12:00 pm	Register for Aug 21

*AHS, Recovery Alberta, and affiliate staff can register through MyLearningLink.

For more information or help registering, contact: hpdp.mh.earlyid@recoveryalberta.ca

recoveryalberta.ca

