

# AMH Free Virtual Workshop

## PFA: prepare for during and after disaster

Psychological First Aid (PFA) workshops are an internationally recognized method of support intended to help people during and immediately 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.

**Where:** Delivered online (via smartphone, tablet, or computer)

**Who:** Adults interested in learning skills to cope during and immediately after a disaster or emergency.

**When:** Register for one of the following dates available

- **Wednesday, March 27, from 1 – 4 p.m.**  
Register in advance for this webinar:  
[https://albertahealthservices.zoom.us/webinar/register/WN\\_QVVQDIqjS4y1ZtdiTddQig](https://albertahealthservices.zoom.us/webinar/register/WN_QVVQDIqjS4y1ZtdiTddQig)
- **Thursday, April 25, from 1 – 4 p.m.**  
Register in advance for this webinar:  
[https://albertahealthservices.zoom.us/webinar/register/WN\\_wtltcmwiSICe3gBIRiBcPw](https://albertahealthservices.zoom.us/webinar/register/WN_wtltcmwiSICe3gBIRiBcPw)
- **Thursday, May 2, from 1 – 4 p.m.**  
Register in advance for this webinar:  
[https://albertahealthservices.zoom.us/webinar/register/WN\\_F-EUQ4kjRCuiSQ3CsHCo3g](https://albertahealthservices.zoom.us/webinar/register/WN_F-EUQ4kjRCuiSQ3CsHCo3g)

For more information about upcoming workshops or need help registering, email [HPDIP.MH.EarlyID@ahs.ca](mailto:HPDIP.MH.EarlyID@ahs.ca)

Additional resources are available, visit: [www.ahs.ca/helpintoughtimes](http://www.ahs.ca/helpintoughtimes).