



We Serve

District 4-C4 - Disaster Preparedness



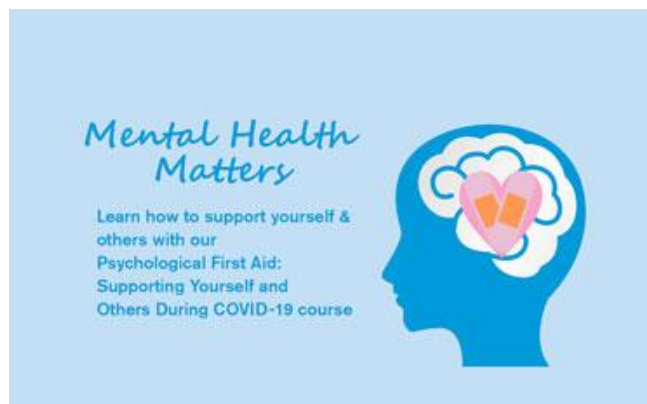
American Red Cross
Training Services

Psychological First Aid: Supporting Yourself and Others During COVID-19

The uncertainty associated with a global health crisis like COVID-19 challenges everyone's ability to cope. This course will help you to build resilience and support yourself and others through this crisis by reviewing basic principles of providing psychological first aid, including how to recognize and manage stress in yourself and in others and how to lend support to family members, friends and coworkers during and following the COVID-19 outbreak.

Online Class - \$20.00 to Red Cross

<https://www.redcross.org/take-a-class/online-safety-classes>



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