



Using Psychological First Aid (PFA) Virtual Care to Support Individuals, Families, and Communities

What is PFA?

PFA is 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.

PFA Training

PFA Virtual Care in a Pandemic training is an interactive 2-hour webinar adapted from the 6 hour in-person training. The training aims to share knowledge, teach skills, build confidence, and increase capacity to support people in the face of a disaster or emergency.

Webinar Objectives:

- Understand the timing of interventions for disasters and emergencies.
- How to utilize the PFA Action Principles in virtual environments.
- Identify and provide practical support to those in distress.
- Understand when to refer people to appropriate community supports.
- Explore self-care strategies for disaster response.

Wednesday, November 22 from 1:30 – 4:00 pm

Registration required by November 15 – this is a FREE information session

“This training is amazing, it helps me fill my cup, what I am feeling is normal and builds me up, personally and professionally. It gave me space to step back and recharge and positively reflect.” Webinar Attendee