

RED CROSS TRAINING OFFERED IN COLUMBIA COUNTY

On March 23rd at 6:00pm *Psychological 1st Aid: Helping People in Times of Stress* is being offered to both Red Cross Responders and community members. The training will be held in the Columbia 911 Communications Center at 58611 McNulty Way in St. Helens, OR 97051.

Psychological 1st Aid: Helping People in Times of Stress enables you to provide basic care, comfort, and support to those experiencing disaster-related stress. It provides a framework for understanding factors that affect the stress responses of disaster relief workers and the clients they serve. The training also offers practical suggestions about what you can say and what you can do as you practice the principles you learn throughout the course. *Psychological 1st Aid* on the 23rd will be taught by a Red Cross Disaster Health Services volunteer staff member. This class is useful for anyone active in any part of the disaster cycle in order to practice self-care as well as care for others affected by disaster.

Through mutual understanding of missions, principles, standard procedures, and skills of partner agencies disasters can be managed as effectively as possible. You can enroll in *Psychological 1st Aid* in St. Helens on March 23rd (or any other Oregon Trail Chapter Training) on the [LMS website](#). If you don't have an LMS ID you can register through the website by clicking *Self Register* on the left-hand side of the screen. You do not have to be a Red Cross volunteer to get an LMS ID. You may also register by sending an RSVP by responding to this email. If you have any questions please feel free to reply to email or call me at 503.528.5673. Looking forward to seeing you on March 23rd!

Kate

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Meet Oregon's heroes -- Attend the [Breakfast of Champions](#) on March 17