



Community Readiness and Response Program

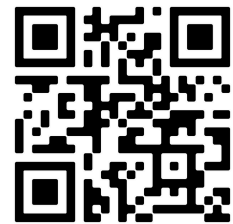
Training, Learning, and Resources

Amid an unprecedented level of intensity predicted for emergencies throughout the country in the spring and summer of 2024, the Canadian Red Cross is committed to helping people and communities prepare for, respond to, and become more resilient against future disasters. For the 2024 response season, the **Community Readiness and Response Program** will provide training and resources to help individuals and communities increase their preparedness to disasters.

Preparedness Training and Resources

Live Webinars

Register for our upcoming webinars “Summer 2024—Prepared Together: Disaster Preparedness Virtual Learning Series,” held from June through September 2024, to gain skills and knowledge to stay safe during disasters and extreme weather, and to support mental health and wellbeing.



Online Resources

Psychological First Aid Online Modules (3 hours): Quick and accessible insights into the impacts of stress, trauma, and grief, focusing on self-care and practical tools for empowering individuals to support themselves and others during crises.

- To register, go to <https://learn.redcross.ca> and click on the “Courses” tab at the top.
- Select “Psychological First Aid—Self-Care” or “Psychological First Aid—Caring for Others” and click on “Enrol in Course.”
- Under “Account Information” enter your email address.
- Under “Order Summary” click on “Add Coupon.”
- Enter the coupon code, then click on “Apply.”
 - PFA Self Care (ENG): COMM-JE-ABSC-1000E or in French: COMM-JE-ABSC-0250F
 - PFA Caring for Others (ENG): COMM-JE-ABCO-1000E or in French: COMM-JE-ABCO-0250F
- Click on “Get it for free.”
- You will receive an email requesting you to confirm your email.
- You will then receive an email with a link to log into the training. You can complete the course independently at your own pace.

Download the First Aid app on your Apple or Android smartphone or tablet now! The app helps you maintain your First Aid and CPR skills while helping you respond to everyday emergencies by providing instant access to simple step-by-step advice.

www.redcross.ca