



Psychological First Aid for a Pandemic, with Children, Youth and Families - PM

Facilitator(s):	Chanel Annable, Neil Harris
Date:	August 26, 2020
Time:	1:00 pm – 3:00 pm MDT
Cost:	No charge
Location:	Virtual
Type:	Webinar
Session Code:	20-MH-451

Target Audience

Educational Assistants, Teachers, Administrators, System Leadership, Community Partners, Counselors

About this Learning Opportunity

This 2 hour interactive webinar has been developed to support professionals (teachers, school administration staff, community partners, counsellors etc.), as well as parents and caregivers to enhance skills and increase confidence when supporting children, youth and families during and after the COVID-19 pandemic. This workshop builds on the foundations of the AHS PFA program, providing a compassionate and caring response that addresses basic, social and emotional needs in the impact and response phases of this pandemic. While its learning objectives are similar to the PFA workshop for Helpers, responders and community members, it also includes additional content and resources for the following areas:

- Identifying and responding to common stress reactions for children/teens (and recognizing when to refer for professional mental health supports),
- Understanding how to identify and address safety concerns for children/families,
- Identifying and providing practical support for children, teens and families,
- Strategies to help stabilize intense emotions and stress reactions for children of all age groups.

This learning opportunity is being offered through a grant from Alberta Education.

About the Facilitator(s)

Chanel Annable

Chanel Annable is a Health Promotion Facilitator with Community Addiction and Mental Health. She is based out of Stettler but covers a large area (Stettler, Paintearth, Special Areas, Starland, Kneehill and Red Deer Counties). Chanel supports many coalitions in these areas and partners to provide support in addiction prevention and mental health promotion

Neil Harris