

PSYCHOLOGICAL FIRST AID TRAINING

Two **FREE** Training Opportunities



Join us in learning how we can ALL lend important emotional support to our neighbors, family, and friends, during times of disaster and crisis. RSVP not required.

Monday, April 23rd:

6:30-8:00p.m. Psychological First Aid

Location: Bainbridge Island Senior Center

-or-

Sunday, May 6th:

12:30-2:00p.m. Psychological First Aid

2:30-3:30pm Self Care Skills

Location: COBI City Hall



Learn more: BainbridgePrepares.org