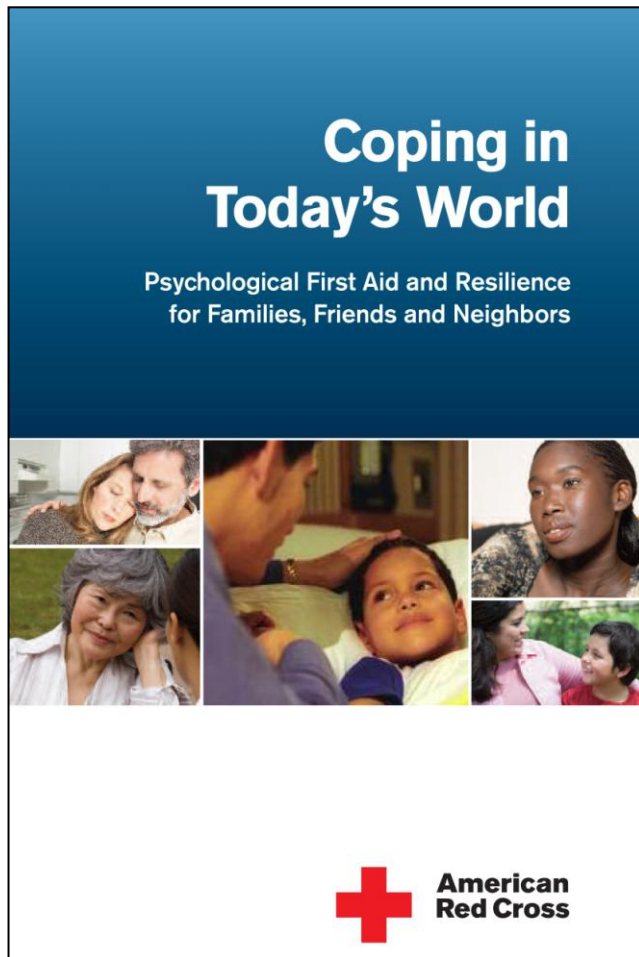


Coping in Today's World: Psychological First Aid and Resilience for Families, Friends & Neighbors



A 4-hour modular curriculum teaches participants how to build their own resilience—the ability to recover quickly after difficult times.

FEATURES:

- Separate child-focused and adult-focused components
- Psychological First Aid training
- Emphasis on building resilience for both children and adults
- Positive coping strategies that address a broad range of stressors - Day-to-day challenges to large-scale disasters
- Guidance on how and when to seek additional support and community resources
- An easy to use resource book
- Interactive – exercises that can be adapted to specific community needs
- Available in English, Spanish and Vietnamese
- Flexible – presented in one 4-hour setting or two 2-hour settings
- Taught by mental health professionals

Neighbors teaching neighbors to cope with stress and build resilience in each other and their children.

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