

FREE PSYCHOLOGICAL FIRST AID COURSE OFFERING



Exclusively for INVICTUS GAMES Team Canada Alumni

About the Psychological First Aid Instructor course

Through a three-day online training session, you will learn skills and knowledge to teach the online Self-Care & Wellness course, including:

- Facilitating case-based learning.
- How to support learners in understanding a resiliency-building approach to emotional, psychological and social well-being.

The Canadian Red Cross is a national leader in first aid training and introduced the Psychological First Aid Program in 2018 to address a gap in psychosocial wellness program options.

Register for a free virtual training session to become a Psychological First Aid Instructor if you are interested in this opportunity. Each course is offered in convenient online facilitated sessions over three days.

Registration closes two weeks before the course start date to allow enough time to receive your course materials and complete the required self-directed online.

[Click here to register](#)

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