



# Prepared Together: Disaster Preparedness

The Canadian Red Cross is a global leader in emergency preparedness education. Register for a July webinar and increase your own preparedness for emergencies. Additional webinars will be available from August to September 2024.



## Be Ready: Extreme Heat

Learn about the practical actions people can take to reduce their extreme heat risk, stay safe, and prepare.

**TUESDAY JULY 2, 2024, 10-11 AM MT / 12-1 PM EST (French)**

**THURSDAY JULY 25, 2024, 10-11 AM MT / 12-1 PM EST (English)**



## Protection Processes and Practices in the Emergency Context

Become familiar with practical approaches to addressing risks, and ensuring the safety, dignity, and inclusion of children, seniors, women, and priority populations in the emergency context.

**WEDNESDAY JULY 3, 2024, 11 AM-12 PM MT / 1-2 PM EST (English)**

**TUESDAY JULY 30, 2024, 12-1 PM MT / 2-3 PM EST (French)**



## Introduction to Psychological First Aid (PFA)

Learn essential concepts to promote safety, calmness, efficacy, and hope while ensuring basic needs are met. This session also helps connect individuals to help and resources.

**THURSDAY JULY 4, 2024, 12-1 PM MT / 2-3 PM EST (English)**

**THURSDAY JULY 11, 2024, 12-1 PM MT / 2-3 PM EST (French)**



## Ready Rating

Introduction to a free online emergency preparedness planning platform for businesses and organizations to improve emergency preparedness and response.

**MONDAY JULY 8, 2024, 12-1 PM MT / 2-3 PM EST (French)**

**WEDNESDAY JULY 10, 2024, 11 AM-12 PM MT / 1-2 PM EST (English)**

**WEDNESDAY JULY 17, 2024, 11 AM-12 PM MT / 1-2 PM EST (French)**

**WEDNESDAY JULY 24, 2024, 12-1 PM MT / 2-3 PM EST (English)**



## Be Ready: Wildfires

Do you know what to do in case of wildfires? Learn about the practical actions you can take to prepare for and reduce wildfire risk.

**TUESDAY JULY 9, 2024, 10-11 AM MT / 12-1 PM EST (English)**

**THURSDAY JULY 18, 2024, 10-11 AM MT / 12-1 PM EST (French)**



## Caring for Self and Others from an Indigenous Perspective

Learn about a wholistic approach to nurture physical, emotional, mental, and spiritual connections during times of stress, crisis, or trauma. Rooted in traditional knowledge and wisdom, participants will learn key principles and tools for self-care, while also building their knowledge on extending emotional and practical support to others in times of emergency. Caring for Self and Others is a core component of the Canadian Red Cross Psychological First Aid training.

**TUESDAY JULY 16, 2024, 10-11:30 AM MT / 12-1:30 PM EST (English)**



## Supporting Families in Emergencies

Learn common post-emergency reactions from youth, how to help young people cope, and tips for supporting families during a crisis.

**TUESDAY JULY 23, 2024, 12-1 PM MT / 2-3 PM EST (French)**

## Three ways to register:



Register online:  
[bit.ly/3UWbTZk](https://bit.ly/3UWbTZk)



By email:  
[RRR@redcross.ca](mailto:RRR@redcross.ca)



By QR code:



French and English closed captioning is available for all webinars.