



**Central Minnesota  
MN Responds**

# PSYCHOLOGICAL FIRST AID TRAINING

Psychological First Aid is an evidence-informed approach built on the concept of human resilience.

It is designed to help individuals cope with stress and recover after a traumatic event.

This training provides essential skills to assist both survivors and responders during crises.

**April 22nd 2025**

**5:00 PM - 7:00 PM**

**Morrison County  
Government Center**

**NO COST TO ATTEND!**

## **Why take this training?**

- Learn how to recognize and respond to emotional distress
- Gain practical strategies to promote safety, calm, and hope
- Support your community by building resilience and connectedness
- Improve your ability to assist in emergencies

**REGISTER HERE** 

*Space is limited. Register today!*

Have questions or need assistance?  
**[Emily.Loomis@MorrisonCountyMN.gov](mailto:Emily.Loomis@MorrisonCountyMN.gov)**