

REGISTER NOW FOR FREE COMMUNITY WORKSHOPS

2 Day Emotional CPR Training “training to assist others through emotional crisis”

WHAT IS eCPR?

Emotional CPR (eCPR) is based on the values of a healthy community. It is a public health education program that teaches people to assist others through an emotional crisis by using three simple steps:

C = connecting, P = emPowering, R = Revitalizing.

Each person is recognised as a whole human being and experiencing emotional crisis or trauma does not make one “broken”. Cultural and traditional practices are viewed as valuable and healing. Emotional expression of all kinds is allowed and even encouraged.

The skills of eCPR can be used by anyone in any setting. It is based on principles of an inclusive, collaborative community and incorporates a number of support approaches: trauma-informed care, counselling after disasters, peer support, emotional intelligence, suicide prevention and cultural attunement.

19 & 26 May
**REDLANDS COMMUNITY
CENTRE**
29 Loraine Street,
Capalaba 4157
10AM- 4PM
To register click [HERE](#)

2 & 16 June
BEAUDESERT LIBRARY
58 Brisbane Street,
Beaudesert 4285
10AM- 4PM
To register click [HERE](#)

9 & 23 June
**LOGAN CENTRAL
LIBRARY**
150 Wembley Road,
Logan Central 4114
10AM- 4PM
To register click [HERE](#)



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