



Maryland Department of Health & Mental Hygiene  
Office of Preparedness & Response  
MD Responds MRC Training Announcement



**Course Title: Coping in Today's World ~ Community Psychological First Aid**

**Description:**

Take a free, half-day training and learn about how to improve your mental health! In Community Psychological First Aid, the Red Cross will teach you about mental health and emergencies. Learn how to prepare, respond, and recover from trauma. More specifically:

- Spot stress in adults and children
- Learn how stress can be lowered by “resilience”—your ability to bounce back
- Build your resilience – and help your kids build their resilience, too!
- Give immediate support to people in stressful situations
- Practice psychological first aid skills with your neighbors, friends, and families

You will also receive information on community resources for stress. You can use this information to help children or other adults. After taking this course, you can even teach your community about how to cope with stress.

**Target Audience:**

This course is open to the general community (health care background is not required). Bring your friends or neighbors!

**Other:**

Food and drink will not be provided. Please plan accordingly.

**Dates, Times, & Locations: (Register for only one offering)**

Aug 2, 2014	0830 – 1230	125 S. Lynchburg Street, Chestertown, MD 21620
Aug 12, 2014	0830 – 1230	2200 Scott Wheeler Drive, Robey Public Safety Building, Marriottsville, MD 21104
Aug 15, 2014	0830 – 1230	12501 Willowbrook Road, Cumberland, MD 21502
Aug 22, 2014	0830 – 1230	1131 Conrad Court, Hagerstown, MD 21740
Sept 6, 2014	0900 – 1300	101 Monroe Street, Executive Office Building, 2 <sup>nd</sup> Floor, Rockville, MD 20850
Sept 12, 2014	0830 – 1230	6040 Public Landing Road, 1st Fl. Conference Room #165, Snow Hill, MD 21863-0249

**Registration:**

Advanced registration is required. To register, please go to <http://1.usa.gov/1ejqlvo>. Click “Event Registration Form.” From the dropdown, select “[date] Coping in Today’s World...”



**Questions:**

For questions related to course registration, email Clifford Smith at [clifford.smith@maryland.gov](mailto:clifford.smith@maryland.gov) or call 410-767-5266.

For MD Responds related questions, contact the MD Responds Program Office at [mdresponds.dhmv@maryland.gov](mailto:mdresponds.dhmv@maryland.gov), or visit us on the web at [mdr.dhmv.maryland.gov](http://mdr.dhmv.maryland.gov).