

Join M Health Fairview Community Advancement for FREE virtual classes:

Psychological First Aid

Psychological First Aid (PFA) is an evidence-informed 2-hour virtual training for all community members and professionals. Trainees will learn how to support healthy recovery in individuals following a traumatic event, public health emergency, natural disaster, or personal crisis. The curriculum integrates public health, community health and individual psychology by drawing upon skills the trainees probably already have. The goal of PFA is to teach trainees how to reduce distress and negative health behaviors by providing practical help and promote resilience.

Participants will learn:

- The impact traumatic experiences can have on individuals, and how burnout may impact frontline staff and first responders
- The five pillars of the PFA framework and how to apply them to support someone who has experienced a traumatic event
- How to recognize when an individual should be referred to a mental health professional

Who should attend?

Anyone can attend! This training is for community members or professionals, including community volunteers, frontline staff, nonprofit workers, direct service staff, community health workers or other professionals.

Wednesday, April 19, 12 – 2 p.m.

Register: [HERE](#)

Monday, April 24, 3 - 5 p.m.

Register: [HERE](#)

Thursday, May 4, 10 a.m. – 12 p.m.

Register: [HERE](#)

Wednesday, May 10, 6 - 8 p.m. (in Spanish)

Register: [HERE](#)

Wednesday, May 17, 1 – 3 p.m.

Register: [HERE](#)

Refresh and Reset your Resiliency

Have you been working, caring for others, and juggling schedules, jobs, and family commitments? When you pause to check in with yourself do you feel exhausted, depleted, stretched and disconnected? The term, “Challenging Times” can’t capture what we have been through individually and collectively in the past few years. In addition to our lives at work, almost every facet of living has been adapted. For us to thrive in this new culture, it’s vital to be creative, intentional, and resilient as we care for ourselves and others.

This one-hour virtual workshop will include: meditation, journaling, and personal reflection.

Participants will expect to:

- review and expand wellness care tools for mind, body, and spirit
- design a personal plan for resiliency and self-care
- leave feeling grounded and refreshed

Who should attend?

Anyone can attend!

Tuesday, March 14, 12 – 1 PM

Register: [HERE](#)

Wednesday, April 12, 12 – 1 PM

Register: [HERE](#)

Thursday, May 11, 12 – 1 PM

Register: [HERE](#)

Mental Health First Aid

Mental Health First Aid (MHFA) introduces the risk factors and warning signs of common mental health and substance use disorders, builds understanding of their impact, and reviews support options. The interactive course teaches participants how to offer initial help to an individual who may be experiencing a mental health concern or crisis and connect them to the appropriate professional, peer, social, and self-care resources. MHFA is currently being offered in a hybrid format of two hours of self-study and four to five and a half hours of live virtual group learning.

Who should attend?

This community-based education class is open to the public and intended for people interested in increasing their mental health literacy and skills. Anyone working or living in the community will benefit from this interactive class.

Adult Mental Health First Aid (in-person)

Thursday, April 27, 8 a.m. – 5 p.m.

Fairview Health and Wellness Hub

45 W. 10th Street, St. Paul MN 55102

Register: [HERE](#)

Attendees must attend the full day training. Lunch is provided.

Adult Mental Health First Aid (virtual)

Wednesday, June 21, 8 a.m. – 1:30 p.m.

Register: [HERE](#)

Early registration is suggested as space is limited for all programs.

Contact Kathryn.Taylor@fairview.org with questions.