



Canadian Mental  
Health Association  
Newfoundland & Labrador  
*Mental health for all*



Canadian  
Red Cross

## Psychological First Aid: Self Care & Caring for Others

CMHA-NL, in partnership with the Canadian Red Cross, thank you for your interest in these two online courses. **To register for either or both**, please complete the form below and send to [bhaley@cmhanl.ca](mailto:bhaley@cmhanl.ca). You will receive a follow-up email from our Canadian Red Cross Training Partner, who will complete all payment requirements and provide you with instructions on how to complete these courses online. Each course costs \$25.00 CAD, which will be paid directly to the Canadian Red Cross. By registering with our form below, you will ensure \$5 of the fee paid for each course will be donated to CMHA-NL. Canadian Red Cross and CMHA-NL are registered charities.

PLEASE INDICATE WHICH COURSE(S) YOU WOULD LIKE TO REGISTER FOR:	
Psychological First Aid - <i>Self Care</i> – online program	\$25.00 CAD
Psychological First Aid - <i>Caring for Others</i> – online program	\$25.00 CAD
CMHA-NL will forward your information to our CRC training partner, who will contact you to confirm your registration and process your payment.	<b>COURSE TOTAL \$:</b>
<b>FULL NAME:</b>	
<b>EMAIL ADDRESS:</b>	
Interested in mental health news, upcoming training courses, events and more? Subscribe to CMHA-NL's e-news!	YES! Sign me up!
<b>MAILING ADDRESS:</b>	
<b>PHONE NUMBER:</b>	
<p><b>All sections must be completed.</b> Please email completed form to <a href="mailto:bhaley@cmhanl.ca">bhaley@cmhanl.ca</a>. You will receive a follow-up email with payment and registration details from our Canadian Red Cross Training Partner. <b>If you need assistance, or have further questions, please contact Bernice Haley at <a href="mailto:bhaley@cmhanl.ca">bhaley@cmhanl.ca</a> or 709-753-8550 ext. 101.</b></p>	

Visit [CMHANL.ca](http://CMHANL.ca) for resources • Follow CMHA-NL on social media [@CMHANL](https://twitter.com/CMHANL)