



With COVID-19 precautions and social distancing, high unemployment, and mental health providers filled to capacity, building community systems, such as Emotional CPR, that can support people in emotional distress is vital.

Emotional CPR (eCPR) is a community education program, much like CPR, that can be taught and utilized through organizations, with individuals, and integrated into communities.

"This training gave me the value of sensitivity of another's emotions and life struggles. How it feels from someone else's perspective, especially reaching out for help and support."

eCPR is a community education program that teaches people how to support another person experiencing emotional crisis. People who use eCPR report that it becomes a way of life and strengthens their relationships with family, friends, coworkers, and community members.

"This training has helped me to better connect with those I'm trying to support and allow myself to be supported in return."

Emotional CPR builds stronger communities. The eCPR training is **trauma-informed, culturally-attuned** and has broad application to be integrated into all facets of every day life.

"The information and skills will forever be a part of my toolkit. They'll accompany me when I need them most during any emotional crisis in my personal or professional worlds."

"This is a life skill, there is no area of my life which will not be impacted by Emotional CPR. Very useful!"



VIRTUAL INTRODUCTORY WORKSHOP DATES

TUE, 9/8	1-3:00 PM
MON, 9/14	9-11:00 AM
TUES, 9/22	6-8:00 PM
WED, 10/7	9-11:00 AM
TUE, 10/13	1-3:00 PM
THU, 10/22	6-8:00 PM
MON, 11/2	9-11:00 AM
WED, 11/11	1-3:00 PM
MON, 11/16	6-8:00 PM
TUE, 12/1	9-11:00 AM
THU, 12/10	1-3:00 PM
MON, 12/14	6-8:00 PM

These opportunities are presented at no cost to people who live or work in the Fox Valley Area by LEAVEN with support from area funders. People outside of the Fox Valley may still attend at a fee of \$40 per person.

To reserve a spot, please email ecprevents@gmail.com or register online at:

<https://dandalliance.wildapricot.org/Events>