

Primary EFA (Emotional First Aid) Course

Aims of the course:

- Promote positive emotional health
- Provide support and reassurance
- Assist the accessing of appropriate services
- Undertake risk assessment to help prevent harm to self or to/from others
- Look for early signs of emotional distress and intervene where appropriate to reduce risks of child developing mental health problems
- Increase knowledge, reduce stigma and increase skill base
- Develop a network with other Emotional First Aiders to share skills and be part of a support network



When: The course will be delivered on Monday afternoons, 1.00 – 4.00pm on 30th April, 14th and 21st May, 4th, 11th and 18th June 2018 (6 sessions)

Where: Teynham Primary School, Sittingbourne

Cost: £300 per place

The course will be delivered over a 6 week period, with a maximum of 12 professionals per course. You will need to attend at least 5 sessions (including Sessions 1 and 6) to receive a certificate.

If you are interested in attending this course, and would like further information, please contact Nicky on [07725 595739](tel:07725595739).

For more information about EFA please visit their website

www.emotionalfirstaid.co.uk