

American Red Cross
PSYCHOLOGICAL FIRST AID: SUPPORTING YOURSELF AND OTHERS DURING COVID-19
Adults & Teen (Ages 16+)



This online course is designed to help individuals build resilience, support themselves, and lend support to others during and following this COVID-19 outbreak. The Pandemic is challenging individuals and families in new ways and this course is designed to help. Learn how to recognize stress in adults, teens and children, how to practice psychological first aid, strategies for self-care, methods to support your family and even co-workers. Earn a 2 year certification upon completion. Work at your own schedule and pace.

Sign up by the date indicated to receive the class link. You have until the class closing date to complete.

Sign up by: Tuesday, Sept. 22
 Complete by: Friday, Oct. 16 **406130-01**

Sign up by: Tuesday, Oct. 20
 Complete by: Friday, Nov.13 **406130-02**

Sign up by: Tuesday, Nov. 17
 Complete by: Friday, Dec. 11 **406130-03**

Per option: \$20 (R) or (NR)

American Heart Association
BASIC LIFE SUPPORT (BLS) FOR HEALTHCARE PROVIDERS



Adults (Ages 18+)

Sue Stadler, AHA certified Instructor

This course is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies; provide CPR; use an AED; and relieve choking in a safe, timely, and effective manner. Learn the critical concepts of high-quality CPR plus the American Heart Association Chain of Survival. Skills covered are for adults, children, and infants and include: one rescuer and two rescuer CPR, bag-mask, rescue breathing, and choking. Program fee includes textbook, pocket mask, supplies, and certification card (*valid 2 years*).

Tuesday / 1 Session **6:00-10:00 PM**
 November 17 **406120-01**

Greenfield City Hall
 \$65 (R) / \$80 (NR)

Time Out: Tuesday, November 10

American Red Cross
ADULT AND PEDIATRIC FIRST AID/CPR/AED BLENDED LEARNING
Adults & Teen (Ages 16+)



Sue Stadler, ARC Authorized Instructor

This course will prepare you to recognize and care for a variety of first aid; breathing; and cardiac emergencies involving adults, children, and infants and meets OSHA/ workplace requirements. This is a blended learning course including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion and must be taken on a PC or tablet with a high speed Internet connection. Allow approximately 2 hours 30 minutes to complete the online portion. Upon successful completion of this course you will receive a digital certificate for Adult and Pediatric First Aid/CPR/AED valid for two years. Students must bring proof of completion of online program in order to attend the hands-on session. Email must be provided at registration as link to online portion will be sent after the *Registration Deadline*.

Tuesday / 1 Session **6:00-7:30 PM**
 October 27 **406125-01**

Greenfield City Hall
 \$75 (R) / \$95 (NR)

Registration Deadline: Friday, October 16



Class

American Red Cross
WATER SAFETY FOR PARENTS AND CAREGIVERS
Adults (Ages 18+)

NEW!



Learn how to develop an awareness of the risks of drowning and how to minimize those risks, especially for young children. Learn the concepts of the circle of drowning prevention, water competency skills, and the chain of drowning survival. Learn how to apply water safety to common environments and situations where children are most at risk for drowning.

Sign up by the date indicated to receive the class link. Class is approximately 30 minutes in length, work at your own pace. There is no certification.

Sign up by: Tuesday, Oct. 20 **403805-01**

Sign up by: Tuesday, Nov. 17 **403805-02**

American Red Cross
BABYSITTERS TRAINING WITH PEDIATRIC CPR AND FIRST AID



BLENDED LEARNING
Youth (Ages 11-13)

Brenna Bongiorno, Perry Perkins, and Renee Vanselow, Instructors

Learn about the job of a babysitter in this course from effective supervision of children and infants; to choosing safe, age appropriate games and toys; to performing basic child-care skills such as diapering, feeding, and dressing. Discuss how to find and interview for a babysitting job and how to communicate effectively with parents. After completing the online classwork at home and bringing your online completion confirmation to class, you will practice and polish your CPR and First Aid skills. Learn to prevent emergencies by identifying safety hazards and how to provide care for common injuries such as burns, cuts, and bee stings, should they occur.

After attending both class sessions, completing the online coursework, and checking off all the required skills, participants will receive the American Red Cross Babysitters Training (no expiration) and Pediatric CPR with First Aid (expires in 2 years) certifications. Class fee includes the American Red Cross certification fee (\$31), all class supplies and a binder with all class materials.

Saturday / 1 session **9:00 AM-4:00 PM**
 December 5 **406105-01**

Greenfield City Hall
 \$90 (R) / \$110 (NR)

Time Out: Tuesday, November 24

