

# EMOTIONAL CPR

TRAINING PEOPLE TO  
ASSIST OTHERS THROUGH  
EMOTIONAL CRISIS

**C** = CONNECTING

**P** = EMPOWERING

**R** = REVITALIZING

## Three-Day Training VIA Zoom

Jan. 27  
Feb. 3 & 10

12 - 4 pm

\$385.00  
+ Tax

Email [info@mhaso.ca](mailto:info@mhaso.ca)  
to Register!



Mental Health & Addiction Services of Ottawa