

# Learn First Aid this Winter!

## Canadian Red Cross First Aid Courses

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**Babysitting in a Day** is an interactive and fun course that teaches youth aged 11 to 15 years the business of babysitting. Learn the responsibilities of a babysitter, how to get along and care for babies, toddlers, preschoolers and school-aged children, and how to handle emergencies and provide first aid. Cost: \$55 (includes the Canadian Red Cross Babysitter's Manual and the Babysitter's participation card). Courses: **Friday, February 24; Saturday, March 10; & Saturday, March 17**, 9:30 am – 4 pm @ *St. Andrew's United Church*, 1044 St. Georges Avenue & 11<sup>th</sup> Street in North Vancouver. Info/registration: Please contact Natalie Topnik at 604-985-0408 or email [office@st-andrews-united.ca](mailto:office@st-andrews-united.ca)

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**Emergency Child Care First Aid & CPR/AED** is a one-day course for parents and caregivers of children covering skills needed to recognize, prevent and respond to airway, breathing and circulation emergencies. The course covers first aid for respiratory and cardiac arrest, sudden medical emergencies, childhood illnesses, head and spine injuries, wound care and poisons. Cost: \$90 (includes manual and certification). Course: **Saturday, January 28**, 9:00 am – 5:00 pm @ *St. Stephen's United Church*, 7025 Granville Street and 54<sup>th</sup> Avenue in Vancouver. Info/registration: Susan Cowan, Registrar, at 604-669-2546, Ext. 2 or email [susancowan@telus.net](mailto:susancowan@telus.net)

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**Emergency First Aid** offers instruction on how to think, react and improvise when dealing with life threatening emergencies. The course covers initial assessment, preventing disease transmission, rescue breathing, choking, CPR, bleeding, unconsciousness, shock and secondary assessment. Course: **Saturday, February 4**, 9:00 am – 5:00 pm @ *St. Stephen's United Church* (Granville Street and 54<sup>th</sup> Avenue in Vancouver). Cost: \$95 (includes manual and certification). Info/registration: 604-669-2546, Ext. 2 or email [susancowan@telus.net](mailto:susancowan@telus.net)

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**Red Cross goes on the road in 2012!** If you have 10 or more people who want to learn either Emergency Child Care or Emergency First Aid, we'll teach the course at your facility. And if you have 15 or more youth who want to become a Babysitter, we'll teach the Babysitting course on-site. For more information or to book your group, please contact Susan Cowan at 604-669-2546, Ext. 2 or by email at [susancowan@telus.net](mailto:susancowan@telus.net)

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