MRC SEMINAR SERIES

The Medical Reserve Corps (MRC) of Dutchess County offers a FREE seminar series each month at locations throughout the County. Programs are open to the public, unless otherwise noted.

**Registration required:** jryan@dutchessny.gov

**ACTIVE SHOOTER/STOP THE BLEED**

**Tuesday, September 10th**
**TIME:** 6:00PM to 8:00PM
**Description:** Learn how to protect yourself and help others in an Active Shooter situation. **Location:** Dutchess County Emergency Response, 392 Creek Rd in Poughkeepsie

**HAM RADIO FUN NIGHT**

**Thursday, September 12th**
**TIME:** 6:00 PM
**Description:** Have you ever wondered how HAM radio works? With a licensing class coming up on October 5th, this is a great opportunity to play with some radios, ask questions of current HAMS, learn about what the test is like, and see if you might want to become a licensed operator! No pressure, just come out and play! **Location:** Department of Emergency Response, 392 Creek Road in Poughkeepsie

**NEW MEMBER ORIENTATION**

**Thursday, September 19th**
**TIME:** 6:00PM to 7:00PM
**Description:** Interested in becoming a volunteer with the Medical Reserve Corps? Learn all about the MRC and how to become a member at this training. **Location:** Department of Emergency Response, 392 Creek Road in Poughkeepsie

**ACTIVE SHOOTER/STOP THE BLEED**

**Monday, September 23rd**
**TIME:** 6:30PM to 8:30PM
**Description:** Learn how to protect yourself and help others in an Active Shooter situation. This is potentially life-saving training. **Location:** Stanford Fire House, 6096 Route 82, Stanfordville

**ACTIVE SHOOTER/STOP THE BLEED**

**Tuesday, September 24th**
**TIME:** 6:00PM to 8:00PM
**Description:** Learn how to protect yourself and help others in an Active Shooter situation. This is potentially life-saving training. **Location:** Dutchess County Emergency Response, 392 Creek Rd in Poughkeepsie

**DISASTER MENTAL HEALTH CASE STUDIES: LESSONS LEARNED FROM COUNSELING IN CHAOS**

**Thursday, September 26th**
**TIME:** 6PM to 7:30PM
**Description:** Dr. James Halpern, the founder of the Institute for Disaster Mental Health at SUNY New Paltz will speak about the studies in his new book. Those who have seen Dr. Halpern speak before know this will be a rare and compelling view into the challenges, tragedies, pain, frustrations, and grief at the heart of disaster mental health work, and will appeal especially to students of mental health and counseling, psychology, and social work; and working mental health professionals who would like to learn directly from experienced responders in disasters. **Location:** Department of Emergency Response, 392 Creek Rd in Poughkeepsie

**PSYCHOLOGICAL FIRST AID**

**Tuesday, Oct 1st**
**TIME:** 6PM to 7:30PM
**Description:** Psychological First Aid is a way to give emotional support and help to people of any age, ethnic and cultural heritage, and social and economic background in the immediate aftermath of disaster. **Location:** Department of Emergency Response, 392 Creek Rd in Poughkeepsie

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The MRC of Dutchess County is part of a national network of volunteers dedicated to supporting public health infrastructure as well as disaster preparedness and response in the community. The MRC is comprised of both healthcare and non-healthcare professionals who support the County’s Departments of Emergency Response and Behavioral & Community Health when responding to incidents of all kinds.

Marcus J. Molinaro  
County Executive

Joseph A. Ryan  
MRC Coordinator