

MRC SEMINAR SERIES

OCTOBER - NOVEMBER 2019

The Medical Reserve Corps (MRC) of Dutchess County offers a FREE seminar series each month at locations throughout the County and open to the public, unless otherwise noted. **Registration required:** jryan@dutchessny.gov

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 Road in Poughkeepsie.

QUESTION, PERSUADE, REFER (QPR) TRAINING ON SUICIDE RECOGNITION

Thursday, Oct 10th TIME: 6PM to 7:30PM

Description: QPR stands for Question, Persuade, and Refer. These 3 simple steps can help save a life from suicide. Just as people are trained in CPR to help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Location: Department of Emergency Response, 392 Creek Road in Poughkeepsie.

PET FIRST AID

Thursday, October 24th TIME: 6PM to 8:00PM

Description: This training is highly recommended for all animal lovers. Although focused mainly on dogs and cats, Dr. McNamara presents a very thorough and informative talk that is packed with helpful information. Sign up early as this is always a sell-out! Location: Wassaic Fire Department, 27 Firehouse Road, Wassaic.

WOMEN'S SAFETY AWARENESS

Thursday, November 7th TIME: 6PM to 8:00PM

Description: Town of Poughkeepsie Police Lieutenant Shannon Rodriguez and Officer Lindsay Marinelli will be presenting this program to encourage and empower women and raise awareness of safety measures. You'll learn the important role your instincts and gut reaction(s) play; discover potentially dangerous situations and how to avoid them; learn how to make a safety plan and decrease the odds of becoming a victim. Everyone is welcome. Location: Department of Emergency Response, 392 Creek Road in Poughkeepsie.

GRIEF IS A JOURNEY

Thursday, November 21st TIME: 6PM to 8:00PM

Description: Dr. Kenneth Doka is one of the leading experts on the subject of grief. Among the areas he will be touching on include the different types of loss, how everyone experiences grief differently, and strategies for coping with grief. Everyone experiences grief, especially those who have experienced a disaster. I hope you can join us for this very important training. Location: Department of Emergency Response, 392 Creek Road in Poughkeepsie.

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