

# MRC SEMINAR SERIES

The Medical Reserve Corps (MRC) of Dutchess County offers a FREE seminar series each month at locations throughout the County.

**\*\*Seating is limited; pre-registration is required by emailing: [jryan@dutchessny.gov](mailto:jryan@dutchessny.gov)**

## **NARCAN TRAINING**

**Wednesday, January 23rd 4:30 PM**

Learn how to administer the life-saving drug Narcan to someone who is experiencing an overdose. Each participant will receive a free Narcan kit at the end of the training. This training will be held at the Department of Behavioral & Community Health, 230 North Road in Poughkeepsie (Entrance 1).

## **CITIZENS PREPAREDNESS**

**Tuesday, January 29th 7 PM (Red Hook)**

**Thursday, January 31st 6:30PM (Hopewell Junction)**

What can you do now to prepare for virtually any type of disaster or emergency situation in Dutchess County? This training is open to everyone and is required training for all MRC volunteers. Free emergency backpacks are distributed to all attendees to get started on a Go-kit. Two identical class sessions will be offered: Thursday, January 29th at Red Hook Town Hall, 7340 S. Broadway (Route 9) and on Thursday, January 31st at the Beekman Library, 11 Town Center Blvd, Hopewell Junction.

## **PSYCHOLOGICAL FIRST AID**

**Thursday, January 31st 6 PM (Poughkeepsie)**

**Saturday, February 9th 10 AM (Eastern Dutchess)**

Psychological First Aid (PFA) aims to reduce stress symptoms and assist in a healthy recovery following a traumatic event, natural disaster, public health emergency, or even a personal crisis. This training is especially helpful for first responders, but everyone can benefit from its concepts. The training will be led by Amy Nitza, Ph.D., LMHC, Director of the Institute for Disaster Mental Health at SUNY New Paltz. Choose from either session: Thursday, January 31st at the Dutchess County Department of Emergency Response, 392 Creek Road in

Poughkeepsie and on Saturday, February 9th at the Wassaic Fire House, 27 Firehouse Road in Wassaic.

**NEW MEMBER ORIENTATION**

**Thursday, February 7th 6PM**

Learn how to become a volunteer member of the Dutchess MRC, what is required of you and what missions you can participate in. This training is open to the public and will take place at the Dutchess County Department of Emergency Response, 392 Creek Road in Poughkeepsie.