

Emotional CPR

Training

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Certified eCPR Facilitators



Participants will:

- Assist individuals in transforming anger and rage into passion and strength
- Inspire motivation and change
- Help others tap into their courage and power
- Reframe crisis as opportunity
- Encourage the people they serve to take steps in the direction of their dreams
- Learn the importance of taking care of themselves so that they can support others
- Facilitate the other persons access to inner wisdom

What is eCPR?

Emotional CPR (eCPR) is a public health education program designed to teach people to assist others through an emotional crisis by three simple steps:

Connecting
emPowering
Revitalizing

FREE Training

Saturday, November 4, 2017

10:00 A.M. – 5:00 P.M.

**Cypress Community Center, Room 6
403 South Cypress Avenue
San José, CA 95117**

Contact

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For more information on eCPR please visit

www.emotional-cpr.org

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