



# FIRST AID ARTS

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SIMPLE TOOLS FOR  
MENTAL, EMOTIONAL,  
& SPIRITUAL HEALTH

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RESPONDER  
TRAINING:

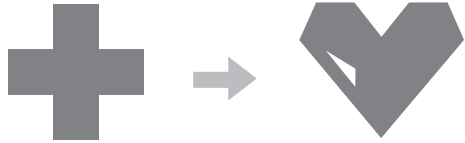
OCTOBER  
9-10

FACILITATOR  
TRAINING:

OCTOBER  
11-12

# FIRST AID FOR THE HEART

First Aid Arts is making mental health care accessible. We do this by teaching how to use the arts as a tool for building resilience and establishing crucial coping skills.



## Research shows creative coping strategies can...

- Support nervous system regulation
- Cultivate healthy relationships
- Increase self-awareness

## Over time, this can help individuals...

- Prevent the long-term negative impacts of toxic stress
- Stabilize during ongoing adverse circumstances
- Intervene during moments of crisis
- Heal after distressing events

## Integrating first aid care with our faith...

- Combines science and Scripture for holistic care
- Teaches us about God's design of our brains and bodies
- Reminds us of the stabilizing presence and promises of our God

## LOCATION & DETAILS:

- **Kalihi Union Church**  
2214 North King Street  
Honolulu, Hawaii 96819
- **Building A, Rooms 5-6**
- Lunch included

# UPCOMING TRAININGS

## Faith-Integrated Responder Training OCTOBER 9-10, 2024

Learn how to use the First Aid Arts Responder Toolkit to understand the science of toxic stress in the mind and body and how to use the arts for health and healing.

The Faith-Integrated program is specifically designed to support Christian organizations, churches, and Christian believers in approaching arts-based mental health support through a Biblical framework.

### 2-Day Responder Training Details

- **Schedule:**  
Day 1: Wed, Oct 9, 8:30 am - 5:00 pm  
Day 2: Thurs, Oct 10, 9:00 am - 5:00 pm
- **Cost:** \$75 for 2 days of training
- **Who should attend:** Those looking to learn tools for self-care, and supporting others one-on-one.

## Faith-Integrated Facilitator Training OCTOBER 11-12, 2024

Learn how to Facilitate the Responder Sessions with groups in your community.

Our Facilitator Training is an advanced course for First Aid Arts Responders who want to teach people what they have learned. You will receive the Facilitator Curriculum and learn why we do everything we do in the Responder Sessions. These two days are full of hands-on experience to prepare you as a Facilitator.

### 2-Day Facilitator Training Details

- **Schedule:**  
Day 1: Fri, Oct 11, 8:30 am - 5:00 pm  
Day 2: Sat, Oct 12, 11:00 am - 5:30 pm
- **Cost:** \$75 for 2 days of training
- **Who should attend:** Those who intend to lead groups of youth or adults through the 8-Session Responder Program
- **Pre-Requisite:** Must have completed the First Aid Arts Responder Training

Join us! Register today at

[WWW.FIRSTAIDARTS.ORG/HONOLULU](http://WWW.FIRSTAIDARTS.ORG/HONOLULU)