



Virtual eCPR Training

A free, online training specifically for youth and young adults ages 16 - 25!

What is eCPR?

- a profound process of reclaiming our Connection (to self and others)
- embodying empowerment and feeling revitalized
- improved listening through consistent feedback
- a certification training to alleviate the trauma of isolation and separation by laying a foundation for healing and wellness

Required Sessions

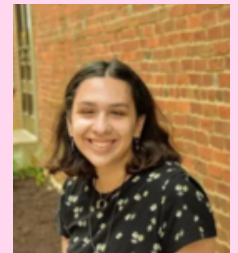
Monday, May 6th 6pm - 8pm ET
Monday, May 13th 6pm - 8pm ET
Monday, May 20th 6pm - 8pm ET

Facilitators

Shira Collings
they/them



Felicity Krueger
she/they



Become Certified Today!

