
























# August



**American  
Red Cross**

Kadena AFB  
Okinawa, Japan












SUN	MON	TUE	WED	THU	FRI	SAT
28	29   +CPR Instructor Course Day 1 - Email for Details	30   +CPR Instructor Course Day 2 - Email for Details	31  +Newcomer's Brief Table - 0900	1	2	3  +Adult & Pediatric CPR/FA/AED - 0900 - 1100
4	5	6	7  +Newcomer's Brief Table - 0900 +New Volunteer Orientation - 1200	8	9	10   +Babysitter's Training - 0800 - 1600 +Japanese Red Cross Youth Leadership Camp - 0900 - 2030
11	12	13  +DAT Preparedness Presentation at Schilling Community Center - 1700	14   +Newcomer's Brief Table - 0900 +Pillowcase Training - 1300 +Adult & Pediatric CPR/FA/AED - 1800 - 2000	15	16	17  +Wilderness Preparedness and First Aid - Day 1 - 0800 - 1700
18  +Wilderness Preparedness and First Aid - Day 2 - 0800 - 1700	19	20	21  +Newcomer's Brief Table - 0900 +New Volunteer Orientation - 1200	22  +Volunteer Appreciation IT Night - 1800 - 1900	23  +SAC Meeting - 1200	24  +Adult & Pediatric CPR/FA/AED - 0900 - 1600
25	26	27   +CPR Instructor Course Day 1 - 0800 - 1700	28    +CPR Instructor Course Day 2 - 0800 - 1700 +Newcomer's Brief Table - 0900	29	30	31

# September



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Okinawa, Japan

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4  +Newcomer's Brief Table - 0900	5	6	7  +Adult & Pediatric CPR/FA/AED - 0900 - 1100
8	9	10	11    +Newcomer's Brief Table - 0900 +New Volunteer Orientation - 1200 +Adult & Pediatric CPR/FA/AED - 1800 - 2000	12	13	14  +Babysitter's Training - 0800 - 1600
15	16	17	18  +Newcomer's Brief Table - 0900	19	20	21  +Adult & Pediatric CPR/FA/AED - 0900 - 1600
22	23	24	25   +Newcomer's Brief Table - 0900 +New Volunteer Orientation - 1200	26	27	28
29	30	1	2  +Newcomer's Brief Table - 0900	3	4	5



Bldg. 680 Unit 5175 APO, AP 96368 | DSN: 634-1979 | Commercial 098-961-1979  
<http://americanredcrosskadena.com>

**No Fee classes available upon request:**

**Hands-only CPR-** Enables students to provide life-saving care in a range of emergencies.

**Prepare with Pedro-** Teaches Young Children Home Fire Safety

**Pillowcase project-** Preparedness program designed for youth ages 8 to 11. The program aims to increase awareness and understanding of natural hazards and teaches safety, emotional coping skills, and personal preparedness.

**Reconnection Workshop Modules for Adults:**

**Communicating Clearly** helps participants understand and improve their communication style to help them successfully engage with colleagues and loved ones.

**Exploring Stress and Trauma** teaches service members and their loved ones to recognize and manage stress and other military-related challenges, including trauma.

**Identifying Depression** helps participants recognize behaviors, thoughts and feelings that may be signs of depression, find ways to address them and know when to seek additional help.

**Relating to Children** helps participants learn how children react to stress and trauma by developmental level and teaches effective ways to help them through difficult times.

**Working through Anger** teaches participants to recognize and understand sources and expressions of anger in response to stressful situations and offers options for how to respond when faced with emotionally intense situations and events.

**Reconnection Workshop Modules for Children and Teens:**

**Roger That! Communication Counts**

**Operation 10-4 Confident Coping**

**Mind-Body Workshops** Introduction to Mind-Body Skills teaches participants to recognize and manage stress through a personal wellness plan that includes breathing techniques, mindfulness, stretching and movement, biofeedback, body training and/or biofeedback.

**Coping with Deployments: Psychological First Aid for Military Families:** Prepares military families for helping both themselves and those in their community to effectively cope with the challenges related to the deployment cycle. There are two courses available, one for teaching adults how to use Psychological First Aid (PFA) tools with other adults and another for teaching adults how to use PFA tools with children.