



www.HelpBaseGreaterRochester.org

The Help Base Greater Rochester Coalition is offering the following two American Red Cross trainings **FREE** to children whose parents or guardians are service members (Active Duty, Reserve, National Guard, or Veteran).

Saturday, March 13, 2010

Babysitter Training from 9:00 a.m. to 4:30 p.m.¹

Safe on Your Own Training from 10:00 a.m. to 12:00 p.m.²

at

Canandaigua VA Medical Center

400 Fort Hill Avenue, Canandaigua, NY 14424

Classes will be in the pavilion, signs will be posted.

Registration Required. Registration deadline is Friday, February 26, 2010

Please register with Kelly Wright at 585-393-8271 or Kelly.Wright8@va.gov

Space is limited. Participants will be enrolled on a first come, first serve basis.

American Red Cross Course Descriptions

¹Babysitter Training (9:00 a.m. to 4:30 p.m.) – for Ages 11 - 15

Through hands-on activities, interactive video and lively discussions, participants will gain the knowledge and skills necessary to safely and responsibly give care for children and infants, to develop leadership skills, to keep themselves safe, to handle emergencies, such as injuries, illness and household accidents, and to develop a babysitting business. Successful candidates will receive certification as an American Red Cross babysitter as well as certification in American Red Cross First Aid. The scholarship covers the \$40 registration fee. Participants have the option of purchasing Babysitter Kits for \$10 each. Participants are encouraged to bring a lunch.

²Safe on Your Own Training (10:00 a.m. to 12:30 p.m.) – for Ages 8 - 12

Ensure that your children are safe if they have to be home alone. This course will teach participants the basics of being protected. Children will learn tips on how to answer the phone, what to do if a stranger is at the door or if there is a power outage, basic first aid, and much more.

Help Base Greater Rochester Coalition Members:



The mission of Help Base Greater Rochester is to enhance services by coordinating, educating the community-at-large about the issues facing veterans, service members, and their families and advocating for the necessary services to ensure that these community members can regain and maintain their physical, emotional, and economic well-being. For more information, visit our website at www.HelpBaseGreaterRochester.org.