



# Emotional CPR

## Training

**Dina Tyler and Kenneth Kozi Arrington**

*Certified eCPR Facilitators*



### 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:

**C**onnecting  
**e**m**P**owering  
**R**evitalizing

### 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

### **F R E E** Training

**Saturday, November 4, 2017**  
**10:00 A.M. – 5:00 P.M.**

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

**Pre-Registration required due to limited seating—50 max. capacity.**  
**E-mail [sbpr6666@gmail.com](mailto:sbpr6666@gmail.com)**

### Contact

**[southbayprojectresource@gmail.com](mailto:southbayprojectresource@gmail.com)**

**For more information on eCPR please visit**  
**[www.emotional-cpr.org](http://www.emotional-cpr.org)**

### Facilitators' BIOS

**<https://southbayprojectresource.org/category/events/>**



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