



Get Certified in Spiritual First Aid to TAKE THE GUESSWORK OUT OF HELPING

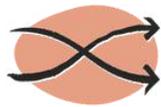
BIBLICALLY-INFORMED

EVIDENCE-INFORMED

TRAUMA-INFORMED

Mental health is complex. **Helping doesn't have to be.**

Enroll here!



FLEXIBLE FORMATS

Complete on-demand at your own pace or as part of a facilitator-led group.



ALL-INCLUSIVE

Receive 8 videos and a downloadable welcome guide, field guide, workbook, and 20+ tools.



HANDS-ON

Gain practical helping skills through activities and role-play simulations.

Spiritual First Aid is a frontline peer-to-peer spiritual and emotional care intervention structured around the BLESS CPR framework. Because you're part of the Seattle Archdiocese community, **we're giving you an exclusive \$30 OFF discount code to apply toward enrolling in the full Spiritual First Aid Certification Course.**

1. Scan the **QR code** to visit the enrollment page (rebrand.ly/SpiritualFirstAid).
2. Enter **ARCHSEATTLE** and click "Apply" to get your discount and sign up.

Thank you for all you do to care for others. We pray you feel equipped and confident in your ability to provide emotional and spiritual care to those in need.

Jamie Kent

Jamie Aten, Ph.D., and Kent Annan, M.Div.
Co-Founders of Spiritual First Aid