



## SAANICH EMERGENCY PROGRAM

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# EMERGENCY PREPAREDNESS CALENDAR

## Emergency Preparedness Begins With You – Workshop #1

We would like to invite you to a two-hour workshop that provides in-depth information and practical application to individual and family emergency preparedness. Learn the basic skills of preparedness and survival to care for your needs for a minimum of 7 days after a disaster.

You will learn how to:

- Respond during a disaster
- Compile an emergency kit
- Plan for family reunification
- Shut off your utilities
- Cope with sanitation issues
- Organize food and water supplies
- Record and store personal information
- Make your home safer during an emergency
- Plan for evacuation with grab and go bags
- Address special needs.

Wed., Sept. 23, 2009 at Saanich Commonwealth Place (475-7600), 6:30-8:30 p.m. Course # 296348

Tuesday, October 6, 2009 at Gordon Head Recreation Centre (475-7100), 7-9 p.m. Course #296345

Wednesday, November 4, 2009 at Cedar Hill Recreation Centre (475-7121), 7-9 p.m. Course #296347

This workshop is FREE but registration, through any Recreation Centre, is required.

For more information or to book a workshop for groups of 10 or more, please call Kristie at the Saanich Emergency Program: 250.475.7140.