

# TRAINING INFORMATION



At Extend-A-Family Waterloo Region, we strive to bring the best facilitators together with participants to create an atmosphere conducive to open discussion, knowledge transfer and learning. As part of that effort, we like to advise all participants ahead of time about specific aspects of our trainings that they may not be aware of. Please review the following information and let us know if you have any questions.

## Training Information:

1. Lifting – Some training, notably Lifts and Transfers, may include practical hands on experience and require individuals to lift people and weight of up to 100lbs.
2. Physical Contact – In many trainings, we will be practicing and trying out techniques on each other.
3. Gender – Numerous people sign up for our trainings including all genders.
4. Breaks – We schedule regular breaks but will attempt to accommodate individual needs where possible.
5. Washrooms – Please be aware that our washrooms are gender specific and accessible.
6. Training Content – In some training, specifically Safe Management, discussions about violence, including verbal, physical or sexual abuse, could occur which may be upsetting. If you are triggered or upset with any of this, please inform our trainer.
7. Medical Concerns – Please notify EAF staff upon registration if you have any medical conditions that may be an issue during training and/or any care procedures that they might need to be aware of (i.e. epipen in case of anaphylactic reaction, anxiety in groups).
8. Certifications – Some EAFWR training results in certification, such as First Aid/CPR and Safe Management. These, and other training such as Lifts and Transfers, require “hands on testing” that must be fully completed in order to indicate successful completion. Please come to training ready to participate (i.e. not unwell) able and prepared to engage the learning.
9. Punctuality – Many of our trainings have specific requirements for length of instruction. Please ensure that you are on time and ready to engage at the appointed start time.
10. Anti-Oppression – Please review Extend-A-Family Waterloo Region’s Anti-Oppression policy before attending any training.

Please let us know in advance if there are any issues or concerns regarding lifting, physical contact, gender, accessibility, medical conditions or anything else that in your mind requires our attention.

We look forward to seeing you in our sessions!

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**Community. Dignity. Belonging.**

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 Extend-A-Family Waterloo Region

