



**American
Red Cross**

Coles and Clark Counties, IL

COMMUNITY CLASSES & PROGRAMS

January 2011–June 2011

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Volunteer Opportunities

- Respond to Disasters*
- Advisory Council Member*
- Teach First Aid/CPR*
- Teach Disaster Preparedness*
- Special Events and Fundraising*
- Youth Club Member*
- Campus Connections Member*
- Help with Daily Office Work*
- Blood Drive Volunteer*

Call 345-5166 to learn how to become a volunteer.

Community Disaster Education

The American Red Cross offers **free** presentations covering general Disaster Preparedness and can focus the topic specifically to Fire Safety, First Aid, Tornado Safety, Water Safety and Winter Storms. These presentations are flexible for all ages ranging from grades Pre-K through 12th. Call **(217) 345-5166** to set up a time for a Red Cross representative to give a free presentation to your business, class, or community group today!

How Donations Make a Difference



These days, times are tight. Even so, disasters still occur on a daily basis and people will still continue to need help. The American Red Cross continues to deliver the services so many have come to count on, but can't do it alone. Your donations are integral in helping the Red Cross continue to achieve its overall mission of helping others. Remember, 91 cents of every dollar the Red Cross spends goes towards humanitarian programs and services that help serve, care for, and educate the community.

Every Dollar Helps the Red Cross

Ever wondered what a donation can do?

- \$25:** Provides five blankets for local disaster shelter residents.
- \$30:** Provides a scholarship for an Adult CPR/AED class.
- \$55:** Average cost of providing canteen relief supplies to area first responders on an emergency response scene.
- \$120:** Covers the average cost of a hotel for a family displaced by a house fire.
- \$750:** Provides the purchase of 10 updated manikins for use in teaching lifesaving CPR skills.

CPR Training To Offer New Benefits

The American Red Cross is in the process of updating its CPR training in 2011. These modifications offer those in the local community the opportunity to continue to learn the best way to use lifesaving CPR skills while also providing several user-friendly benefits.

Specifically:

- Those who undergo CPR training in 2011 will receive a two-year certification as opposed to one.
- CPR training courses will be shorter in length.
- There will be a greater emphasis on the skills portion of CPR training, which will allow trainees more hands-on practice.
- A continued flexible local training schedule for those with busy schedules, but still interested in learning valuable CPR skills.



Sign up today!

HEALTH & SAFETY

Course	Date	Time	Location
<p>*Adult CPR/AED \$30.00</p> <p>This course includes recognizing and caring for breathing and cardiac emergencies in ADULTS. Training also includes proper use of an automated external defibrillator (AED) on a victim of sudden cardiac arrest.</p> <p><i>*see below for special pricing*</i></p>	<p>Mon Jan 10 Mon Feb 7 Mon Mar 7 Mon Apr 4</p>	<p>9:00 am - 1:00 pm 9:00 am - 1:00 pm 9:00 am - 1:00 pm 9:00 am - 1:00 pm</p>	American Red Cross
	<p>Wed Feb 2 Tue Apr 5</p>	<p>12:30 pm - 4:30 pm 12:30 pm - 4:30 pm</p>	
	<p>Mon Apr 4</p>	<p>2:00 pm - 6:00 pm</p>	
	<p>Mon Jan 3 Mon Apr 4 Mon Jun 6</p>	<p>5:30 pm - 9:00 pm 5:30 pm - 9:00 pm 5:30 pm - 9:00 pm</p>	
<p>*First Aid \$30.00</p> <p>Teaches participants to recognize and care for cuts, scrapes, bruises, burns, bleeding, sprains and strains; treat sudden illnesses, including, poisonings and heat and cold Emergencies; and minimize the effects of shock.</p> <p><i>*see below for special pricing*</i></p>	<p>Mon Jan 31 Mon Mar 21 Mon May 16</p>	<p>6:00 pm - 9:00 pm 6:00 pm - 9:00 pm 6:00 pm - 9:00 pm</p>	American Red Cross
<p>*Child CPR/AED & Infant CPR \$30.00</p> <p>Targets prevention, skills in rescue breathing, and CPR, specific to infants up to 12 months of age and children ages 1 to 8 years.</p> <p><i>*see below for special pricing*</i></p>	<p>Tue Feb 8 Tue Mar 8 Tue May 10 Tue Jun 14</p>	<p>1:30 pm - 4:30 pm 1:30 pm - 4:30 pm 5:30 pm - 8:30 pm 5:30 pm - 8:30 pm</p>	American Red Cross
<p>First Aid/CPR/AED for Schools & the Community \$50.00</p> <p>This course includes Adult CPR/AED, First Aid, Child CPR/AED and Infant CPR.</p>	<p>Sat Jan 29 Sat Feb 19 Sat Mar 26 Sat Apr 30 Sat May 21 Sat Jun 25</p>	<p>9:00 am - 4:00 pm 9:00 am - 4:00 pm 9:00 am - 4:00 pm 9:00 am - 4:00 pm 9:00 am - 4:00 pm 9:00 am - 4:00 pm</p>	American Red Cross
<p>CPR/AED for the Professional Rescuer \$50.00</p> <p>Prepares first-responders, lifeguards and healthcare providers to respond to emergencies as part of job-related duties. Includes mask valued at \$13.95</p>	<p>Thur Feb 10 Tue & Thur Apr 12 & 14</p>	<p>8:00 am - 4:00 pm 5:30 pm - 9:30 pm (both nights)</p>	American Red Cross
<p>Babysitter's Training \$35.00</p> <p>Min. Age Requirement: 11 yrs. Price includes Babysitter's First Aid Kit. Provides skills necessary in developing safe and responsible care for children in absence of guardians. <i>Please bring a sack lunch</i></p>	<p>Mon Feb 21 Mon May 30</p>	<p>9:00 am - 4:30 pm 9:00 am - 4:30 pm</p>	American Red Cross
<p>Instructor Training \$175.00</p> <p>A three day course providing individuals with certification and authorization to teach FA/CPR/AED.</p>	<p>Wed-Fri Jun 1-3 (must attend all 3 days)</p>	<p>8:00 am - 4:00 pm</p>	American Red Cross
<p>Adult/Infant/Child/First Aid/ CPR for Professional Rescue Challenge \$25.00 Required to pass written test and accurately demonstrate skills, without review or help.</p>	<p>Call for appointment</p>	<p>Call for appointment</p>	American Red Cross

***Any 2 course combinations-\$40/All 3 courses-\$50**

If these classes conflict with your schedule, call 345-5166 and schedule a class at your convenience.



825 18th St.
Charleston, IL
61920

Phone: (217) 345-5166

Fax: (217) 345-5206

www.il-redcross.org/coles

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Coles & Clark Counties, IL

DISASTER TRAINING

All classes are held at the American Red Cross, 825 18th St., Charleston

Disaster Services: An Overview: The purpose of this course is to provide information about ways participants can help their community prevent, prepare for, and respond to emergencies and disasters. Participants also learn about volunteer opportunities at their local Red Cross chapter. *(No prerequisites)*

Tue Feb 1 5:00-9:00 pm

Tue May 3 5:00-9:00 pm

Tue Mar 1 5:00-9:00 pm

Tue Jun 7 5:00-9:00 pm

Shelter Operations and Simulation: The purpose of this course is to prepare employees and volunteers of the Red Cross and other agencies to manage shelter operations effectively and sensitively as a team while meeting the needs of people displaced as a result of a disaster. *(Prerequisites: Disaster Services: An Overview)*

Sat Mar 19 9:00 am-4:00 pm

Client Casework: Providing Emergency Assistance:

The purpose of this course is to prepare Red Cross employees and volunteers to perform the tasks of an Individual Client Services casework service associate. *(Prerequisite: Disaster Services: An Overview)*

Tue Feb 15 5:00-9:00 pm

Tue May 17 5:00-9:00 pm

Disaster Frontline Supervision:

The purpose of this course is to prepare supervisors to lead a team of disaster workers to deliver high quality client service and to create a climate that promotes worker satisfaction.

Tue Mar 15 5:00– 8:30 pm

Introduction to International Humanitarian Law: IHL is intended to raise awareness among Red Cross representatives and general audiences about the Geneva Conventions, the basic rules of international humanitarian law, and the role of the Red Cross during armed conflict to implement IHL. This newly-updated course invites participants to reflect on images and perceptions of armed conflict and explore the powerful and fundamental concept of human dignity even in the midst of war.

Sat Mar 26 2:00-6:00 pm



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United Way