

Creating Positive Change in your Neighborhood Helps Build Community!

Looking for a way to bring your neighbors together, and create positive change? Here are a few quick ideas:

- Start a Neighborhood Watch
- Hold a block party or pot luck gathering
- Help your neighborhood to reduce energy use and "go green"
- Host a neighborhood Disaster Preparedness Training session
- ...or your own great idea!

If you would like some help in coordinating your neighborhood project...

Redwood City's **Neighborhood Liaison Program** can help you in organizing your neighbors around any project or issue that you might think of! And, there are many resources that neighbors can use when they're self-organizing.

Through our Neighborhood Liaison Coordinator, the City can help with:

- Providing a gathering place or meeting room
- Offering a facilitator or City liaison to the group for specific needs
- Helping publicize and promote your neighborhood project or activity
- Offering small grants to help offset costs of neighborhood improvement projects
- Assisting neighborhoods in successfully organizing and creating positive change

For more information or help in organizing your neighbors contact Erica Spacher, Redwood City Neighborhood Liaison Coordinator, at (650) 780-5905 or espacher@redwoodcity.org.



ADULTS

ALL STAR CPR & FIRST AID

Combination CPR, AED & First Aid

\$65 • 1 class

25.225	Sa	9am-3pm	4/25	RMCC
25.222	Sa	9am-3pm	5/16	RMCC

HEARTSAVER CPR WITH AED

HeartSaver CPR with AED is an American Heart Association (AHA) course designated for the layperson or non-Health Care provider (i.e. teachers, construction, retail, etc). This is a class meant to give the bystander of a cardiac emergency the skills to recognize and properly perform CPR if needed to save someone's life. We will cover **CPR for the infant, child and adult patient** and how to properly **use barrier devices; clearing a foreign body** airway obstruction in infants and adults alike. Students will have a hands on opportunity to train with an automated external defibrillator (AED), one of the newest and most exciting additions to cardiac care by the AHA.

BASIC FIRST AID

First Aid is defined by the National Safety Council as the immediate care given to an injured or suddenly ill person. Students learn every step in rendering first aid, beginning with legal aspects of first aid, scene assessment, and victim assessment. The core of the class will then focus on hands-on practice in treating burns, wounds, bleeding, shock, bone/joint/muscle injury, poisoning, bite and stings, environmental emergencies, and much more. Knowing first aid will prepare you to act in emergency and provide care for friends, family, members of our community, or even yourself!

Pediatric First Aid

\$50 • 1 class

25.223	Sa	9am-12pm	5/2	RMCC
25.226	Th	6:30-9:30pm	5/21	RMCC

The Heartsaver Pediatric First Aid course is a credentialed course specially designed to train those responsible for children's health in meeting state-specific requirements. This course is backed by comprehensive state-by-state research. Course modules cover first-aid basics, medical emergencies, injury emergencies, and environmental emergencies. This is the course to choose for efficient, effective training of: education and child-care professionals, recreation and other community program staff new parents, guardians, and other caretakers. Includes certification.

