



# Volunteer for the Moments That Matter Most

## Free Psychological First Aid Training

Unable to volunteer regularly but want to help your community after disasters?

Register to undertake a free full day training so you can provide Psychological First Aid and practical supports with Red Cross after disaster. Once checks and training is completed, you can volunteer in your local region when a recovery centre opens.

### Where

We are recruiting casual recovery volunteers in Byron Shire, Clarence Valley, Coffs Harbour, Kempsey Shire, Kyogle, Lismore, Mid-Coast, Nambucca Valley Shire, Richmond Valley Council areas.

Upcoming in person training

- Friday 18 September 2026 – Port Macquarie
- Saturday 19 September 2026 – Coffs Harbour
- Saturday 26 September 2026 – Lismore
- Sunday 27 September 2026 – Byron Bay
- Friday 23 October 2026 – Yamba
- Saturday 24 October 2026 – Forster
- Monday 26 October 2026 – Nambucca Heads

If you are unable to attend an in-person training session online options are available.

### Register

You MUST register as a Casual Recovery Volunteer to attend this training.

Register by scanning the QR code and complete the form

or you can email [nswrscg\\_project@redcross.org.au](mailto:nswrscg_project@redcross.org.au) or call 0475 096 371



Australian  
Red Cross

Recovery Services Capacity Grants  
a NSW Government initiative