

2025 Training Schedule

JANUARY

29 RFAST

FEBRUARY

12 & 13 MHFA

18 &19 HART

26 RFAR

MARCH

4 & 5 RFA

APRIL

8 MHFAR

9 RFAST

MAY

1, 8, 15, 22 &29 HSR

6 & 7 RFA

14 HSRR

JUNE

10 MHFAR

18 & 19 MHFA

JULY

2 & 3 HART

AUGUST

12 & 13 MHFA

SEPTEMBER

3 RFAST

4 MHFAR

10 & 11 RFA

OCTOBER

1, 8, 15, 22 & 29

HSR

14 HSRR

21 RFAST

NOVEMBER

4 & 5 MHFA

12 &13 HART

18 RFAR

DECEMBER

3 & 4 RFA

RFA

Resilience First Aid

RFAR

Resilience First Aid Refresher

RFAST

Resilience First Aid Starter Training

HSR

Health & Safety Representative

HSRR

Health & Safety Representative Refresher

MHFA

Mental Health First Aid

MHFAR

Mental Health First Aid Refresher

HART

High Adversity Resilience Training

