

vida despues sismo. Que se debe hacer frente a cada una de la situacio

Survive, heal, and rebuild: Practical tools for life after a seismic event

A practical, no-nonsense guide to surviving the aftermath of an earthquake. Go beyond the initial tremor and learn exactly how to secure your home, heal your mind, honor your lost pets, and build a resilient neighborhood support system.

6 modules

What you'll learn

- ✓ Conduct a home risk audit and build a family emergency plan
- ✓ Master psychological first aid and design a family emotional wellness strategy
- ✓ Navigate grief and create a meaningful pet loss ritual
- ✓ Organize a neighborhood safety network and lead a mutual aid brigade

Syllabus

1 Plan de Seguridad Física

Proyecto: Auditoría de Riesgos Proyecto: Simulacro Familiar

2 Plan de Bienestar Psicosocial

Proyecto: Plan de Bienestar Emocional Proyecto: Ritual de Duelo Mascota

3 Proyecto de Acción Comunitaria

Proyecto: Red de Seguridad Vecinal Proyecto: Brigada de Ayuda Mutua

Who is it for?

Families, community leaders, and neighbors seeking practical, actionable steps to handle the physical, emotional, and social aftermath of a disaster.

Start today at capacita.paulovila.org

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