



**HOME ALONE SAFETY FOR KIDS!**  
PA DAY for CEPEO Friday, April 25, 2025  
9am-3pm  
Dunvegan Recreation Centre  
19053 County Rd 24  
Dunvegan, ON

Boys and girls aged 9-12 will learn valuable life skills and safety practices using games, videos and other fun activities. Course content includes street smarts, stranger danger and tricky people, safe snacking and activities, fire and internet safety and first aid. \$65pp includes a take home workbook.

**RED CROSS BABYSITTER TRAINING**  
Saturday, April 26, 2025  
9am-4pm  
Dunvegan Recreation Centre  
19053 County Rd 24  
Dunvegan, ON

This course is for boys and girls aged 11 and up (or in grade 5) who are comfortable being “home alone” and want to learn how to care for others, including younger siblings. The afternoon is dedicated to first aid skills, including an intro to infant and child CPR, first aid for choking and life-threatening bleeding, and how use an epi-pen and asthma inhaler/spacer. Please note that there **is** a pass/fail component to this training but no written test. \$65pp includes a take home workbook and payment is due on the day of training.

Please contact First Aid/CPR instructor Colleen Cameron by **text 613 498 4415** or email [ccfirstaid@gmail.com](mailto:ccfirstaid@gmail.com) to reserve a limited spot. You will receive a confirmation message, a reminder notice and payment details.

About the Instructor: Colleen Cameron is a Training Partner with the Canadian Red Cross and has been offering First Aid, CPR, Babysitter Training and Home Alone Safety courses across Eastern Ontario since 2008. She is a former developmental services worker, mental health and addictions support provider, women’s shelter counsellor, workshop facilitator, and educational assistant. She volunteers with several charities and is an active member of the Brockville Concert Band. She lives near Brockville with her little dog, Hobbes. She loves to read, kayak and travel in her spare time.