

# GRAB & GO BAG TRAIN THE TRAINER WORKSHOP



THURSDAY, JULY 25, 5:30PM-7:30PM



KITSILANO NEIGHBOURHOOD HOUSE,  
2305 W. 7TH AVENUE



## HOW WELL ARE YOU AND YOUR NEIGHBOURS PREPARED FOR EMERGENCIES?

A Grab & Go Bag is a small emergency kit that's easy to take with you, in case you need to leave right away during an emergency event, and is the first step in your emergency preparedness plan!

Join Good Neighbour Kitsilano for a FREE train-the-trainer workshop to learn about the importance of a Grab & Go Bag, what you should include in it and why (you will be surprised!). Most importantly, you will learn how to share this valuable information with your neighbours - because neighbourly connections are an essential part of any emergency preparedness effort! You will be provided with posters, checklists, resources and have an opportunity to borrow a Grab and Go Bag Demonstration Kit to deliver the workshop for your neighbours.

Spaces are limited.

Interested? Email [goodneighbourkits@gmail.com](mailto:goodneighbourkits@gmail.com)