

# Family First Aid

(ESOL)

Improve your first aid skills on this free course with Learning & Skills. Help to keep yourself and your family safe. Discover what to do in an emergency first aid situation, how deal with choking or accidental poisoning and how to perform effective CPR, plus lots more.

**Every Friday,  
5 Weeks  
15 Sept - 13 Oct, 9:15am - 11:15am  
Corporation Road Community Centre**

**FOR MORE INFORMATION AND TO APPLY VISIT  
[WWW.DARLINGTON.GOV.UK/LEARNINGANDSKILLS](http://WWW.DARLINGTON.GOV.UK/LEARNINGANDSKILLS)  
OR SCAN THE QR CODE BELOW**

You can also contact us on **01325 405601, 07932 869325** or  
**[l&s@darlington.gov.uk](mailto:l&s@darlington.gov.uk)**



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