

**Are you interested in helping you family  
and neighbors in times of disaster?  
That's what the Community Emergency  
Response Team (CERT) Program is all  
about!**



The CERT training program prepares citizens and communities to take a more active role in emergency preparedness. CERT participants are trained and maintained as part of a neighborhood or workplace response team. CERT training can give you the basic skills needed immediately following a major disaster, when emergency services may not be available and when residents may have to rely on each other for life-saving and life-sustaining needs.

Citizens will learn how to provide help for their family and neighbors in emergency situations -- whether caused by terrorism, technological disasters or severe weather. Participants will learn about disaster preparedness and response, basic fire safety, first aid, search and rescue techniques, and terrorism preparedness.

The 20.5 hour program consists of both lecture and practical exercises. The training can be brought to your organization if you have ten or more people interested.

The CERT program is being funded through a grant administered by the Virginia Department of Emergency Management and donations from local business and community partners.

**Come to the CERT class!**

**Monday, July 9<sup>th</sup> – 6 PM – 10 PM**  
**Thursday, July 12<sup>th</sup> – 6 PM – 10 PM**  
**Tuesday, July 17<sup>th</sup> – 6 PM – 10 PM**  
**Thursday, July 19<sup>th</sup> – 6 PM – 10 PM**  
**Saturday, July 21<sup>st</sup> – 9 AM – 2 PM**

**All classes are at Captain's Cove Marina Building  
You must attend all classes!**

**To register call J.J. Justis at (757) 302-4267 or  
(757) 824-5616**