Quick-Start <u>Guide</u> to Inclusive Community Preparedness *for Busy Changemakers*

START with what you have in just <u>15 minutes</u>! * for FREE

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Welcome!

Hey Changemaker,

More communities are facing climate disasters, and social inequities which means that not everyone has the same access to emergency resources. **You're here because you believe preparedness is about care, relationships, and community resilience -** and you know a just and sustainable future is possible if we all work together.

This guide will help you start, no matter your time, budget, or experience.

<u>I'm Daniela Guerrero-Rodriguez, a trauma-informed, intersectional facilitator, artist, and</u> <u>prepper</u> working at the intersection of social change, community care, and climate resilience. I believe preparedness isn't just about responding to disasters - it's a practice of self-care, community care, and ecological care <u>that helps us co-create a</u> just and sustainable future.

This isn't your typical emergency preparedness guide. It's built with real-life constraints in mind—tight budgets, limited time, and the knowledge that care work is often invisible and unpaid. It's designed to help you start where you are, with what you have, in just 15 minutes.

How to Use This Guide

V Take it one step at a time. You don't need to do everything at once. Start with one action, then come back when you're ready.

✓ Share it. <u>Community preparedness is collective</u>. This guide is meant to be used with others - friends, family, coworkers, neighbours.

✓ Adapt it. Every community has different needs. Use this as a foundation, then adjust to fit your reality.

Emergency preparedness doesn't have to be overwhelming. It can be an extension of the care work you're already doing.

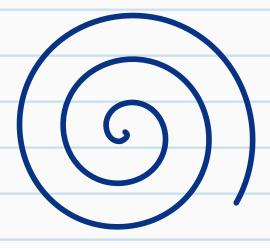
So let's start - together.



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1. START, UPDATE, or IMPROVE your 72hr

emergency kit for your household.

2. SHARE this kit list with friends, family,

neighbours, and team members so they can

prepare their households as well.

3. IF APPLICABLE start a 72hr emergency kit for

your workplace, school, or community space.

DIY 72hr Emergency Kit List

FOR ONE PERSON

START with what you have - upgrade, complete, improve with time.

Having prepared SOMETHING for an emergency is better than having prepared NOTHING in an emergency.

At home and have 5 minutes? -> START HERE	CARRY BAG (try to keep dry) EX: backpack, reusable shopping bag, wagon, AND large trash bags, zip-loc bags, etc.	1.5L WATER (per day) EX: disposable or reusable bottle, purification pills, etc.	3600 cal FOOD (per day) EX : 3 cans of food, granola bars, dried fruit, nuts, etc.	1 TOILET PAPER (keep dry)
	REMINDER: must be able to <u>carry</u>	REMEMBER: multiply for more ppl	REMEMBER : multiply for more ppl	REMEMBER : multiply for more ppl
Having camping	HYGIENE	LIGHT (keep dry)	APPROPRIATE WEATHER GEAR	TOOLS (keep dry)
supplies or a stocked garage? you may be able to find these ESSENTIALS	EX: hand sanitizer, N95 mask/bandana, tampons/pads, kleenex, baby wipes, alcohol wipes, etc.	EX: flashlight + batteries, candles + matches, glowsticks, etc.	EX: <u>COLD</u> jacket, blanket, etc. <u>HOT</u> cooling vest, hat, etc.	EX: hammer/crowbar, duct tape/rope, knife, sewing kit, etc.
	REMEMBER : multiply for more ppl	FYI : glow sticks for kids	<u>RAIN</u> umbrella, poncho, etc.	REMEMBER: pack protective gear (gloves, goggles, etc.)
	MONEY	SHELTER	FIRST AID KIT (keep dry)	COMMUNICATION (keep dry)
Don't have a lot of time but	EX: <u>cash</u> : \$60 - \$200 (small bills) <u>bank</u> : for 3 months	EX: friend/hotel/kennel address + info, tent, tarp, etc.	MUST INCLUDE: Emergency blanket, CPR booklet, metal tweezers, CPR mask, etc.	EX: radio + batteries, cell phone + charger, solar/crank charger, etc.
	REMEMBER: multiply per adult	REMEMBER: # of people, pets + access needs		REMEMBER: offline app + landlines
	COMFORT ITEMS + MEMORIES	ACCESS NEEDS + MEDICINE	IMPORTANT INFORMATION	PETS
Don't have a lot of money but HAVE TIME?	EX : book, deck of cards, stuffie, spiritual item, photos, mementos, stress ball, pen, notebook, etc.	EX: prescriptions, pain relievers, glasses, mobility devices, etc.	EX: paper + digital: emergency info + plan, copy of ID's, copy of bank info, etc.	EX: carrier, food, water, meds, toys, etc. + emergency evacuation plan
	REMEMBER : store photos online	REMEMBER: elevator may not work	REMEMBER: multiply for more ppl	REMEMBER: include medical info
FYI: An emergency kit may only have what you can <u>carry</u> ,				

which means your kit may not contain everything on this list.

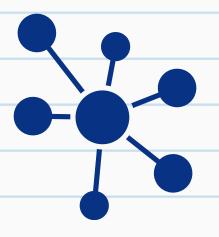
Share PDF with friends so you can prepare together!

DISCLAIMER: The information provided in this document is intended for general informational purposes only and does not constitute legal or medical advice. While I strive to provide accurate and up-to-date information, the contents of this document are provided "as is" without any guarantees of completeness, accuracy, usefulness, timeliness, or other liability.

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Relationship Building: Nature + Neighbours



Preparing is caring,

and caring is a practice.

As a changemaker you want the best for you community, and that requires also wanting the best for your natural environment.

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Relationship Building: Nature + Neighbours

Caring and preparing are rooted in joyful experiences.

	On your own	With others	With kids	COVID safe	With nature
START HERE if you enjoy social settings	OBSERVE STRESS RESPONSE test out supports	ORGANIZE A FRIEND GROUP DINNER play emergency kit show and tell	CREATE AN OBSTACLE COURSE AT HOME compete with others to evacuate the quickest	PLAN A ZOOM GATHERING play emergency kit show and tell	OUTDOOR SKETCHING grab a pencil, paper, and a friend and sketch a tree
START HERE if you enjoy the outdoors	WALK AROUND THE BLOCK use apps to help identify local plants and their uses	ATTEND A GUIDED NATURE WALK at one of the local parks	PLANT A SEED care for it, learn about it, watch it grow	JOIN A COVID CAUTIOUS GARDEN GROUP plant, care, grow food for with other	EXPLORE A NEW LANDSCAPE learn about the animals and bugs that live there
GET INVOLVED in your community →	SHARE A SKILL OR TALENT drop off food to a friend who is sick, get to know their allergies	DISTRIBUTE FOOD AND WATER to unhoused folks during severe weather and increased oppression	CREATE CARDS FOR NEIGHBOURS write "hello neighbour, from (name + address)" draw and drop off in mailboxes	CREATE MONTHLY HYBRID GATHERING for hyper local neighbours	JOIN A BIRD WATCHING CLUB learn about the birds and how to support their wellbeing
GET INVOLVED in local politics	VOTE remember you hold the most power in municipal elections	ORGANIZE AN ART BUILD paint signs for a protest or march	SEND LETTERS to politicians, CEOs, and activists letting them know their dreams for the future	ONLINE BOOK CLUB pick a new book every month that supports sociopolitical education	WATER PROTECTORS follow them on IG and

BONUS: share this quick start guide PDF with friends

Conversation Starters

TO MEET NEW PEOPLE

Write down the name of someone to do this with:	 Say "Hi" or smile at folks, (and keep on at it once a
	day, even if they don't reply).Finding opportunities to connect, (comment on
	something like the weather, maybe their/your pet).

TO TALK ABOUT EMERGENCIES

Write down the name of someone to do this with:	Comment on how drastic weather changes are
	affecting you or what you have seen in the news. Share what you have been thinking/learning/doing
	regarding emergency preparedness. *you have to have all the answers, you are just sharing your learnings.

TO TALK ABOUT EMERGENCY PREPAREDNESS

Write down the name of someone to do this with:	 You can <u>offer</u> resources or tips if someone sounds
	interested. (ie: this guide, a podcast, website, etc.)
	• You can <u>ask</u> for resources or tips if someone seems
	experienced. (ie: if they like camping, fishing, hiking,
	work in a hospital, etc.)

TO TALK ABOUT COMMUNITY PREPAREDNESS

	Write down the name of someone	Share any needs, skills, resources you are
to do this with:	comfortable and willing to share.Include each other in your emergency plans if	
		appropriate.

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Additional Resources



- Important Information template for emergency kit
- Additional Considerations for mental health support, pets, children and people with disabilities
- Who's ancestral land you are on (<u>https://native-land.ca/</u>)

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Important Information

There are many resources with important emergency information.

This is a quick and easy guide to what an emergency plan may include.

TIPS:

- <u>Don't wait to print it out.</u> Write it out now on a piece of paper, place in a zip-loc bag and put in your emergency kit.
- <u>Make this emergency information readily available to yourself.</u> Keep a copy of it on your fridge – in a crisis you may not have the wherewithal to search for it in your emergency kit but may remember to look on your fridge because you have grown accustomed to seeing it there.
- <u>Include local news radio station</u>. If cell towers are down and radio still works, do you know your local radio station?
- <u>Download an alert app</u> on your phone that will notify you of emergencies so you can be in the know when something happens.
- <u>Know how to turn off the gas in the house</u>. If you have gas keep a copy of the instructions on the fridge for easy access.
- Include a map to your secondary location. If you need to evacuate the area, do you know how to get to your friend's home or to the hotel you were planning to evacuate to without your phone (if phones are unavailable), and avoiding lower elevations (if you live in a place prone to flooding)?
- <u>Create a group chat.</u> On Signal if it needs to be encrypted, or on Bridgefy if it needs to work even if cell towers are down. (Signal and Bridgefy are free phone apps, as of April 2024 they are the only two that serve encryption or offline messaging to both Iphone and Android phone users).
- <u>Tell friends where to find your emergency information.</u> If they ever need it for you, your partner(s), your kids, or your pets, they will know where to find it.

YOUR EMERGENCY INFORMATION

Include copies of important docs (ie license, birth certificate, etc.) + store in waterproof bag

My Name (and any nickname)	Fire Department
My Address	Ambulance
	Police
My Phone Number	Local News Radio Station
EMERGENCY CONTACTS	Landlord / Manager
Name (neighbour)	Electricity Provider
Number (neighbour)	Natural Gas Provider
Name (in town friend)	Water Provider
Number (in town friend)	Home Insurance
Name (out of town friend)	Car Insurance
Number (out of town friend)	Life Insurance
Emergency Meeting Place - Nearby (ie: a tree on you	r block where you can meet upon exiting the home)

Emergency Meeting Place - Away (ie: a community center/emergency hub, a friends home, etc.)

MEDICAL INFORMATION

PHYSICAL HEALTH	MENTAL HEALTH SUPPORTS
Doctor Name	Therapist Name
Doctor Number	Therapist Number
Nurses Line Name	Crisis Line Name
Nurses Line Number	Crisis Line Number
Current Medication	Crisis Line Name
Allergies (medicine)	Crisis Line Number
Allergies (general)	
Blood Type	
Current/Previous Illnesses/Conditions	

MEMBERS OF THE HOUSEHOLD

Include copies of important docs (ie license, birth certificate, etc.) + store in waterproof bag

NAME	NAME
Date of Birth	Date of Birth
Relation	Relation
Personal Phone Number	Personal Phone Number
Personal Health Number	Personal Health Number
Doctor	Doctor
Medical / Health / Diet Needs (Allergies)	Medical / Health / Diet Needs (Allergies)
WORK / SCHOOL / DAYCARE / VOLUNTEER	WORK / SCHOOL / DAYCARE / VOLUNTEER
Name	Name
Phone Number	Phone Number
Address	Address
Additional Notes	Additional Notes

HOUSEHOLD PETS

Include copies of important docs (ie license, birth certificate, etc.) + store in waterproof bag

PET INFO	PET INFO
Name	Name
Date of Birth	Date of Birth
Breed or Type	Breed or Type
Medical / Health / Diet Needs	Medical / Health / Diet Needs
Vaccinations	Vaccinations
ID Tag and Microchip Number	ID Tag and Microchip Number
VETERINARIAN	SHELTER
Name	Friend's Name + Number (In Town)
Phone Number	Friend's Name + Number (Out of Town)
Address	Pet friendly Hotel (in Town)
Alternate: Emergency Clinic	Pet friendly Hotel (Out of Town)
Additional Notes	Kennel (In Town)
	Kennel (Out of Town)

Additional Considerations

These may or may not apply to you, but will apply to someone in your community. Note what comes to mind to you, so that as you prompt others to consider this for their kits to you can choose to share your personal examples. You may not be able to get all these items easily, but you can start working towards finding solutions that are accessible to you or those that need them.

- **Pack comfort food:** Whether it be a treat like a granola bar with chocolate, or a cultural food like a can of beans will help bring comfort that freeze dried food would be unable to provide.
- **Pack comfort/significant items:** This might be a plush item, a fidget toy, essential oils, a copy of family photos, your favourite book, religious items, holy books medicine pouch, or anything that makes you feel warm inside.
- **Mental health supports:** Create a list of your supports. This might include a contacts like the crisis line, an Instagram account with good tips, a list of things that help ground you (to remind you or share with a support).
- **Pets:** Make a plan and practice what is needed to get them out of the home in an emergency or ensure they are cared for. Look for hotels or friend's homes who can take pets. Know local and out of town kennels. Make plans to ensure pet's safety if you are not home (ex: give a neighbour a key).
- **Children:** Account for any needs they may have (ex: pack diapers, chew toys, ear protection, masks, medicine, foods, etc.). Pack a backpack they can carry with their own comfort items (ex: toys, blanket, paper, marker, etc.).
- **People with Disabilities:** Account for any extra items you may need (ex: supplies, cooling vests, blanket, etc.). Consider identify different sources of electricity if needed (ex: power chairs, ventilators, etc.). Write out medical information if needed (ex: autonomic dysreflexia, etc.).
- Seniors: If you live alone, create a support network before you need it and share the needs you might have in an emergency. If you live in a senior's home learn the emergency plan and ensure that they are taking important emergency measures to keep residents safe.

***Access more considerations for mental health supports, pets, children, and for people with disabilities at the end of this guide.

Emergency Plan Consideration for Households

Home Safety Measures (natural disaster):

- Secure heavy furniture and appliances.
- Identify safe spaces within the home (ie: earthquakes).
- Know how to turn off utilities (gas, water, electricity).

Emergency Alerts:

- Be aware of local alert systems/apps and how to receive notifications.
- Subscribe to local weather alerts and warnings.

Education and Training:

- Ensure that at least one member of the household know basic first aid and CPR.
- Educate everyone about the types of natural disasters that can occur in your area.

Communication Plan:

- Establish a household/friend communication strategy.
- Choose a centralized contact person outside the affected area, and let them know.
- Ensure each adult in the household has a paper list of important contacts (if applicable).

Financial Preparedness:

• Ensure access to important financial information and documents. (ie printed info, second signer)

Special Needs Considerations:

- Plan for the specific needs of infants, elderly household members, or individuals with disabilities.
- Ensure you have necessary supplies, equipment, and medications.

Practice Drills:

- Regularly conduct emergency drills with your household.
- Practice evacuation procedures and meeting points.

Community Resources:

- Identify local resources such as community centers, shelters, and support services.
- Know the location of the nearest hospital or medical facility.

Evacuation Routes:

- Identify primary and secondary evacuation routes (evacuation roads are often labeled).
- Know the locations of emergency shelters.

Evacuation Procedures:

- Identify meeting points both inside and outside the home that are accessible to everyone.
- Assign responsibilities to each household member, even kids!
- Establish a protocol for evacuating pets, how will you catch them?

Medical Information:

- Document and keep copies of household members' medical records.
- List any allergies, medications, and special health considerations.
- Include insurance information.

Weatherproofing (natural disaster):

• Implement measures to weatherproof your home (shutters, etc)

Emergency Plan Considerations for Children

Education:

- Provide age-appropriate information about different types of emergencies and what to expect.
- Use books, videos, or games to make learning about safety enjoyable.

Stay Informed:

• Explain that staying informed helps them be prepared.

Reassurance:

• Emphasize that adults, emergency responders, and the community are there to help.

Practice Regularly:

- Conduct regular drills and practice sessions to reinforce the safety plan.
- Make it a positive and engaging experience rather than a source of fear.

Community Resources:

- Introduce children to community resources such as fire stations or emergency services.
- Foster a sense of community by emphasizing that everyone works together to stay safe.

Household Meeting:

- Hold a household meeting to discuss the importance of the safety plan.
- Use simple language appropriate for the age of the children.

Evacuation Plan:

• Explain evacuation routes using easy-to-understand maps.

Emergency Kit:

- Involve children in assembling a basic emergency kit with items like snacks, water, a small toy, a flashlight, and a comfort item.
- Discuss the purpose of each item in the kit.

Safe Places:

- Identify safe places within the home and community.
- Teach children where to go inside the house during different types of emergencies.

Communication Plan:

- Teach children how to use a basic communication device like a whistle, phone or walkietalkie.
- Practice calling for help and responding to calls.

Role-Playing:

• Engage in role-playing scenarios to help children understand what might happen during emergencies.

Comfort Items:

- Allow children to include comfort items in their emergency kit, such as a favorite stuffed animal or blanket.
- Explain that these items are there to provide comfort during stressful times.

Emergency Contacts:

- Teach children important emergency contact numbers, including 911 and a designated household member or friend.
- Create a small card with emergency contact information for them to keep in their backpack or pocket.

Emergency Plan Considerations for Mental Health

Seek Professional Help:

• If applicable and accessible, establish a plan for seeking professional mental health support before, during and after emergencies and include contact information for crisis hotlines or mental health services.

Personal Support Network:

- Identify a trusted friend or household member who can offer emotional support during emergencies.
- Share your safety plan with this person and discuss ways they can assist you during highstress situations.

Crisis Communication

- Develop a specific communication plan that includes regular check-ins with your support network.
- Use calming and reassuring language when discussing potential threats and safety measures.

Review and Update:

- Regularly review and update your safety plan to ensure it remains relevant and effective.
- Adjust strategies based on your evolving understanding of triggers and coping skills.

Mindfulness and Relaxation Techniques:

• Include relaxation techniques such as deep breathing, meditation, or mindfulness exercises in your plan.

Emergency Alert System Settings:

- Customize emergency alerts to receive only essential information to avoid information overload.
- Set alerts to use gentle sounds rather than alarming tones.

Emergency Information:

- Include key information about your triggers and coping mechanisms.
- Include contact information for your support network and mental health professional.

Safe Spaces:

• Identify and designate safe spaces in your home or community where you can retreat during high-stress times.

Emergency Kit Personalization:

- Include comfort items, such as a favorite book, or stress ball in your emergency kit.
- Include a list of positive affirmations or comforting words.

Medication Accessibility:

- Ensure easy access to medications in your emergency kit.
- Keep an updated list of medications and dosage instructions.

Preparation Routine:

• Establish a routine for checking weather alerts or disaster updates at specific times to avoid constant monitoring.

Emergency Plan Considerations for Pets

Create a Pet Emergency Kit

- Prepare a pet-specific emergency kit that includes everything your pet might need in case of evacuation or a prolonged stay at home:
 - Food and Water: At least a 72hr supply of pet food and clean water.
 - **Medications:** A 72hr supply of any prescriptions or medications your pet requires, along with instructions for administering them.
 - Leash, Collar, and Harness: Make sure these fit your pet and are easily accessible.
 - Pet Carrier: For easy transport in evacuation scenario.
 - Identification: Ensure your pet has a collar with an ID tag or a microchip.
 - Waste Bags & Litter (for cats): Include enough to last 72hrs.
 - **First-Aid Kit:** With pet-safe supplies (bandages, antiseptic, etc.) and any necessary vet contact information.
 - Pet Blanket or Bed: To provide comfort if displaced.
 - **Toys and Comfort Items:** Familiar items like a favorite toy or blanket can help soothe stress.
 - **Copies of Important Documents:** Include your pet's vaccination records, microchip info, and veterinary contact information.
 - **Special Needs Items and Plan:** If pet is reactive, has chronic conditions, or may need extra support during a move.

Emergency Plan Considerations for Seniors

Medical Needs Inventory

- List all medications, dosages, conditions, and medical equipment (e.g., oxygen tanks, CPAP). Accessible Emergency Contacts
- Keep a printed and digital list of emergency contacts including healthcare providers and caregivers.

Mobility Assistance Plan

• Plan how to evacuate considering mobility issues-identify who will assist and how.

Backup Power Supply

• Ensure backup power for medical devices (like power chairs, oxygen machines, etc.).

Hearing & Vision Aid Accessibility

• Keep spare hearing aids, batteries, glasses, or magnifiers in emergency kits.

Simplified Evacuation Instructions

• Provide clear, step-by-step instructions that are easy to understand and remember.

Extra Medication Supply

• Store at least a week's worth of essential medications in a waterproof, labeled container.

Medical Alert Devices

- Equip yourself with medical alert systems or wearable emergency buttons, if applicable.
- Customized Go-Bag
- Include essentials tailored to the health, comfort, and cognitive needs.

Special Dietary Requirements

• Pack shelf-stable foods that meet any dietary restrictions (e.g., diabetic, low-sodium).

Cognitive Support Tools

• Include ID tags, dementia cards, or written instructions for seniors with memory issues. Familiar Comfort Items

• A favorite blanket, photo, or item to help ease anxiety during stressful situations.

Communication Plan

• Include a way for non-verbal seniors to communicate (picture boards, writing tools).

Transportation Plan

• Arrange transport ahead of time with accessible vehicles or paratransit services.

Caregiver Contingency Plan

• What happens if a primary caregiver is unavailable? Have a backup.

Emergency Shelter Compatibility

• Check in advance whether local shelters accommodate medical and mobility needs. Home Check-In Protocol

• Create a buddy system with neighbors, friends, or local community organizations.

Insurance & Benefits Info

• Document and store information about healthcare, home insurance, or income benefits. Language & Cultural Needs

• Prepare translated documents or contact info for support in their preferred language.

Practice Drills

• Regularly review and practice the emergency plan to build confidence and familiarity.

Emergency Plan Considerations for Disability

Disability Identification Card or Medical ID

• Carry information about the disability, communication preferences, allergies, and medications. **Inclusive Emergency Contacts**

• List caregivers, interpreters, peer support, and backup contacts familiar with the needs.

Support Network Map

• Identify neighbors, friends, or local allies who can help during emergencies.

Practice Drills with Support Team

• Regularly practice emergency scenarios including evacuation, sheltering, and communication strategies.

Accessible Emergency Kit

• Include disability - specific supplies like mobility aids, sensory items, and extra chargers for assistive tech, and spares - cane, wheelchair batteries, hearing aid batteries, etc. Can person using it carry it? What alternative arrangements are needed?

Communication Tools

• Have tools like communication boards, text-to-speech apps, or ASL pictograms.

Medication Supply

• Store at least a 7-day supply of medication with clear instructions and schedule.

Comfort & Regulation Items

- Include sensory tools (e.g., noise-canceling headphones, fidgets, weighted items) for emotional regulation. **Mobility Assistance Plan for Evacuation**
- Determine how and who will assist in evacuating someone who uses a wheelchair, walker, scooter, etc. Specially if the elevator is not an option.

Transportation Arrangements

• Plan for accessible transport options, (ex: wheelchair-accessible vehicles)

Shelter Accessibility

• Research and confirm if local emergency shelters are accessible (ramps, bathrooms, ASL interpreters, etc.).

Instructions for First Responders

- Provide laminated cards or documentation explaining specific access needs and how best to assist. Simplified Instructions
- Use plain language, step-by-step visuals, or color-coded systems for emergency instructions.

Familiar Routines & Schedules

• Include items that maintain structure, such as visual schedules, timers, or checklists.

Stimulation Management

• Pack earplugs, eye masks, or calming apps to reduce sensory overload in chaotic environments.

- **Autonomy Supports**
- Empower individuals to make choices using visual cards, communication aids, or supported decisionmaking tools.

Crisis De-escalation Tools

• Include grounding exercises, breathing cards, or contact info for mental health support.

Copies of Legal & Medical Documents

• Store ID, disability benefits, prescriptions, insurance, and power of attorney in waterproof containers. **Disability Rights Information**

Disability Rights Informatio

• Keep info on legal protections in emergencies (e.g., accessibility laws, service animal rights).

- Service Animal Plan
- Include ID, food, leash, and shelter arrangements for service animals.

Backup Caregiver Plan

• Identify alternate caregivers if the primary support person is unavailable.

Advocacy Readiness

• Prepare to advocate for access needs in shelters, hospitals, or with first responders if needed (whether it's you or a someone in your support network who can take on that labour.

Follow me for more **INCLUSIVE COMMUNITY PREPAREDNESS**

tips for workplaces, schools, and community groups!

FOLLOW on Instagram HERE

If you want more, check out my <u>Beyond</u> <u>the 72hr Emergency Kit</u> workshop where I help you identify your supports so that you feel prepared in an emergency, even without an emergency kit!

*Please credit me when sharing this PDF

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