



RESILIENT MINDS - BUILDING THE PSYCHOLOGICAL STRENGTH OF FIRE FIGHTERS

The Resilient Minds - Building the Psychological Health of Fire Fighters is a skill-building program, which addresses the need for education on psychological trauma, mental health problems, and building resiliency. The program aims to decrease the risk of developing a stress disorder or other mental illnesses due to workplace incidents and/or unhealthy stress, to mitigate the negative impacts of mental illness and trauma through early recognition and early intervention, to support the public while on the frontline, and to improve the psychological health of firefighters while cultivating resilience and enhancing quality of life.

When: Saturday, May 12, 2018

Where: Prince Edward Island Fire School, 68 Miles Boulter Road

Time: 8:00am – 5pm

Cost: Free

To register contact Amanda Brazil at 902-628-3651 or a.brazil@cmha.pe.ca

“Every firefighter should have this course”

“Great course, helpful and informative. Highly recommended”

PEI Resilient Minds Participants