

## REGISTRATION FORM

### First Responders Wellness Symposium

April 29, 8:00 a.m. – 4:30 p.m.

Pre-registration is requested April 14, 2023. Please remit \$20.00 per person either by mail or e-transfer to: [wellnesssymposium@hotmail.com](mailto:wellnesssymposium@hotmail.com)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email address \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Organization/ Department: \_\_\_\_\_

#### \* Doors open at 7:30 am.

A light lunch will be provided.

Additional information relating to the workshop will be sent out to participants after their registration is received.

\*Please indicate your preference for the breakout sessions. Check one per breakout session.

#### Schedule

0800-0815 - Welcome; Opening remarks

0815 - 0945 - Keynote presenter: Jeff Hosick- *"Why do I keep having those haunting flashbacks?"*

0945 - 1015 - Refreshment Break

1015 – 1100 hr. Breakout Sessions 1 & 2:

- Lori Slaunwhite, RCT, RPT - "Rewire and Rebalance - Creating a shift in your patterns and towards happiness"
- Charlie Hayes & Jenna Rushton-Stevens – REgen Resilience Consulting

1115 – 1200 hr Breakout Sessions 3, 4 & 5:

- Chaplain Dave Sutherland - "Spiritual Wellness in the Aftermath of a Crisis"
- Janis Williams - "Yoga for First Responders"

1200 – 1300 hr – Lunch

1300 – 1345 hr Breakout Sessions 6 & 7:

- Doug Allen - <https://www.agttc.org/> - "Nervous System Recalibration...from Tactical to Practical"
- Cpl. Deepak Prasad (RCMP) - "National Standard of Canada for Psychological Health & Safety in the Workplace"

1400 – 1445 hr Breakout Sessions 8 & 9:

- Jen Daniels & Glenn Rodgers – "Resilient Minds Primer"
- Dr. Belinda Seagram (RPsych) / Jen Whalen - "Landing Strong Programs - Mental Health Support for military members, veterans and first responders"

1515 – 1615 hr Afternoon Keynote Speaker

Ed Wohlmut (RCT) - "Intro to Strategic Resilience for First Responders"

1615 – 1645 hr. Closing remarks / Door Prize Draws