



FIRST RESPONDERS' WELLNESS SYMPOSIUM 2024

APRIL 13TH/24 AT NSCC – KINGSTEC CAMPUS, KENTVILLE

Doors Open at 0830 hr.

0900 – 0915 hr – Opening Remarks

0915 – 1015 hr – Keynote Presentation – Dr Belinda Seagram (Landing Strong)

1015 - 1045 hr – Morning Break (Trade Show open)

1045 – 1115 hr Breakout Sessions – Group A

1. Liane Vail – Prevail Solutions Mental Health Monitoring Service
2. REgen Resilience – Charlie Hayes & Jenna Rushton-Stevens
3. RCMP presentation – Supt. Dustine Rodier – Personal Testimony

1130- 1200 hr Breakout Sessions – Group B

1. Janice Landry – Journalist / Storyteller
2. Bob & Johan Grundy – Rally Point Retreat
3. Scott Nichols – Harvest Wealth Management

1215 – 1245 hr – Breakout Sessions – Group C

1. Mitchell Tate– Physiotherapist – Proper Body Mechanics for First Responders
2. Mary Hanneman – The Firefighter – Grief and Traumatic Loss
3. Kristy Falconer – Serenity Acres – What is Equine Assisted Learning?

1245 – 1330 hr – LUNCH (Trade Show open)

1330 – 1400 hr – Breakout Sessions – Group D

1. John White – Personal Testimony
2. Deven Kennedy – Resilience Through Fitness
3. Brad Beadman – RCMP Wellness Co-ordinator “H” Division

1415 – 1445 hr – Breakout Sessions – Group E

1. Dave Sutherland – Spiritual Wellness: What It Is and Why It's Important
2. Chris Kennedy – Relaxation / Grounding Exercises
3. Colleen Kamps (TEMA Foundation) – The Cost of Caring TEMA Foundation

1500 – 1530 hr – Wrap-up / Door prizes / Evaluations

Stay tuned...We may have a visit from Enrico Colantoni from the hit TV series “Flashpoint”

Note: \$25.00 registration (includes breaks, lite lunch & symposium t-shirt)

Pre-Register at: <https://firstresponderwellness.ca>