

Building Resilience to PTSD

A One Day Workshop

Saturday, December 3 9am—5pm



Target Audience: First Responders/Military/Veterans wishing to learn more about our approach to PTSD.

Moderator: Dr. Manuela Joannou M.D CCFP(EM)

Speakers are lived experience police officers and military personnel.

Location: Tay River Reflections,
279 Canal Bank Road, Perth, ON

AGENDA:

Our Lives, Our Stories; Heroes We Have Known

Perception is Everything: Don't Believe Everything you Think you Know

The Labyrinth is Known

Meditation: Forget Everything You Thought You Knew

Connections that Heal (Who Knew?)

Presented by Project Trauma Support

