



# Resilient Minds

## Overview/Description

Resilient Minds™ is dedicated to building resilient fire teams and services – to educate, empower and equip firefighters with the skills and resources to grow and maintain psychological wellness. CMHA believes in inspiring firefighters to recognize and respond to psychological injuries and trauma in the workplace, promoting a shift to a supportive, mentally fit culture.

Resilient Minds will increase the ability to:

- Recognize the effects of psychological stress/trauma in self and peers.
- Understand trauma-informed practices.
- Communicate with peers who may be struggling.
- Respond safely and appropriately to distressed citizens.
- Apply personal strategies for managing stress, mitigating trauma and boosting resilience.

## Target Audience

Forestry and Parks staff.

## Prerequisites

There are no prerequisites.

## Registration

Forestry Division employees register through your local training contact.

Individuals outside of Forestry Division, please contact your local training contact.