

Trauma, Mental Health & Resiliency Training

for First Responders

Join us for a six hour interactive training session to support your mental health and resilience with Jeffrey Cartwright, CTR, CWT.

Key learning outcomes include:

1. Identify normal post critical incident stress reactions and self-care strategies that promote resilience required to move forward from the initial impact of trauma
2. Greater awareness about the cumulative impact of critical incident stress and support needs
3. Ability to connect with available resources to support building resilience and recovery for those at risk or living with PTSD
4. Network!

Dates and Location

- Edmonton area: **May 12 & 13, 2021 FULL**
- Online: **July 9, July 23, and August 6, 2021**

- Obtain ATTS CECs
- Obtain 18 Alberta College of Paramedics Association CEC's



About the Speaker

Jeffrey Cartwright CTR, CWT

Jeffrey Cartwright has 30+ years of experience working as a paramedic, firefighter, trauma clinician and mental health support/education and is a board member of the ATTS. Jeff is a passionate advocate for Mental Health, Strong Leadership and ensuring Psychological Safe Workplaces.

His work history includes several years in Ambulance, Fire and Rescue Services including being Lieutenant, Captain and acting Battalion Chief. He currently is a Training Officer/ Instructor for the Justice Institute of British Columbia Fire Academy and an Instructor for the JIBC Center for Counseling and Community Safety.

He is a Facilitator and Trauma Clinician for many corporate organizations and provides Crisis Management, Education and Consultation to assist Workplace Health Divisions. His roles include facilitating a variety of workplace mental health initiatives, leadership training and providing crisis management interventions following a trauma in the workplace. He is also a recognized Ted Talk speaker.

Register today at:

resources.wellnessworkscanada.ca/book-online