

## Current peer groups

**REGINA** | Contact Leigh Bishop at 306-726-8092 or email [l.bishop@sasktel.net](mailto:l.bishop@sasktel.net); Meetings: Wednesdays, 7:00 p.m.

Contact James at 639-999-2112 or email: [cdnjames@gmail.com](mailto:cdnjames@gmail.com); Meetings: Mondays, 7:00 p.m.; Locations for both groups: Knox Metropolitan United Church, 2340 Victoria Ave.

**SASKATOON** | Contact Mark at 306-280-9372 or email: [stiglitzmark@gmail.com](mailto:stiglitzmark@gmail.com); Meetings: Tuesdays, 7:00 p.m.; Royal Canadian Legion #63, 606 Spadina Cres. W.

Contact Rick at 306-491-7411 or email: [rdnewell@sasktel.net](mailto:rdnewell@sasktel.net); Meetings: Thursday, 7:00 p.m.; 5-501 45th St. W.

**PRINCE ALBERT** | Contact Sherry at 306-960-5644 or email: [brilliant@sasktel.net](mailto:brilliant@sasktel.net); Meetings: Wednesdays, 7:00 p.m.; Grace Mennonite Church, 250 28th St. W.

**MOOSE JAW** | Contact Jeremie at 306-681-3987 or email: [mygemtree@gmail.com](mailto:mygemtree@gmail.com); Meetings: Wednesdays, 7:00 - 8:00 p.m.; Riverview Collegiate, 650 Coteau St. W.

**FORT QU'APPELLE** | Contact Renee at 306-331-7295 or email: [renay.marie@sasktel.net](mailto:renay.marie@sasktel.net); Meetings: Mondays, 7:00 p.m.; 120 Broadway St. W.

**WEYBURN** | Contact Tricia at 306-861-2052 or email [tkfirstaid@gmail.com](mailto:tkfirstaid@gmail.com); Meetings: Thursdays, 7:00 p.m.; Grace United Church, 210 3rd St. N.

**ESTEVAN** | Contact Frosty at 306-421-7772; Meetings: Wednesdays, 7:00 p.m.; Royal Canadian Legion #60, Jubilee Room, 1317 4th St.

**NORTH BATLLEFORD** | Contact Byron at 306-480-2778; Meetings: Mondays, 7:00 p.m.; Cadet Rentals, 792 111th St.

**TISDALE/HUMBOLDT/MELFORT/NIPAWIN** | Contact Chris at 306-873-7513, Meetings: Sundays, 7:00 - 8:00 p.m., Tisdale Pentecostal Church, 717 100th St.

**LA RONGE** | Contact Jack at 306-519-2556 or email: [jackrennie@hotmail.com](mailto:jackrennie@hotmail.com); Please contact Jack for the meeting time and location.

**SWIFT CURRENT** | Contact Bob at 306-741-6640 or email: [scems@sasktel.net](mailto:scems@sasktel.net); Meetings: Mondays, 7:00 p.m.; 78 5th Ave. NE. (Classroom entrance; alley side of building; parking on street)

Remember, we provide a safe environment, free of judgment or criticism.  
The identities of all attendees are kept strictly confidential.

## Spousal support groups

We have groups dedicated to helping spouses, families and friends of OSI/PTSD sufferers.

**For more information, contact:**

**REGINA** | Denise at 306-807-6875 (cell; texting recommended) or at [denise.beard3@aol.com](mailto:denise.beard3@aol.com)

**SASKATOON** | Colleen at 306-321-7552 (cell)

## OSI/PTSD manual

Go to [www.osi-can.ca/resources.html](http://www.osi-can.ca/resources.html) and click on the image to access the OSI and PTSD Manual.

## Non-profit initiative

We operate solely with private donations. If you'd like to support our program, donations can be made payable to the Canadian Mental Health Association (Saskatchewan Division) Inc. Please indicate that the donation is for OSI-CAN. You will receive a tax deductible receipt for donations of \$10 and over.

Donations can also be made on-line at: [www.canadahelps.org/en/dn/29044](http://www.canadahelps.org/en/dn/29044)

## Questions? Contact us

Julius Brown, Provincial Coordinator  
CMHA, 2702-12th Avenue, Regina, SK S4T 1J2

TF 1-888-495-6068  
☎ 306-525-5601 ext. 222 or  
☎ 306-552-3801  
✉ [osi\\_ptsdcoord@cmhask.com](mailto:osi_ptsdcoord@cmhask.com)

### Our Partners:



Work to live.

# Operational Stress Injury/PTSD SUPPORT INITIATIVE



Resources for those  
that support country  
and community.

[www.osi-can.ca](http://www.osi-can.ca)

## Who we are

OSI-CAN is an Operational Stress Injury/Post Traumatic Stress Support Initiative. We were created in January 2016 as a partnership between the Royal Canadian Legion Saskatchewan Command and the Canadian Mental Health Association Saskatchewan Division.

We are current members and veterans of the Canadian Armed Forces, Allied Armed Forces, and first responders who include the RCMP, municipal police services, emergency medical services, fire protection services and corrections.

One of the greatest strengths of our program is that no formal diagnoses or referral is required. Our support groups provide a safe environment free of judgment and criticism and the identities of the participants are kept strictly confidential.

“ Don't let the past steal your present. ”  
- TERRI GUILLEMETS



We have one major goal in mind

to improve the lives of the men and women who put their lives on the line for us.

## The support we provide

Our network of service support includes:

- > referrals into Centres of Excellence,
- > professional counselling,
- > life-skills training,
- > addictions programs,
- > equine-assisted therapy,
- > service dogs,
- > PTSD Coach Canada mobile app,
- > psychosocial rehabilitation,
- > vocational training,
- > pharmacist assistance,
- > recreational programs,
- > housing supports,
- > family preservation services,
- > veterinary support for service dogs,
- > supportive websites such as Mood Disorders Canada PTSD support,
- > phone-in support and much more.

The network of support continues to grow as individual needs are identified.

## PTSD facts and help

OSI/PTSD can occur when a person directly experiences or witnesses a traumatic event, or experiences repeated exposure to traumatic details, as does our target group (military, first responders, and corrections).

FLASHBACKS TRAUMA DIFFICULTY SLEEPING FEAR  
BAD DREAMS DEPRESSION EASILY STARTLED GUILT  
WORRY ANXIETY IRRITABILITY TROUBLE CONCENTRATING  
TENSE FRIGHTENING THOUGHTS HYPERVIGILANT

### Positive coping actions:

Learn about trauma and PTSD. Talk to others for support.

1. Practice relaxation methods.
2. Distract yourself with positive activities.
3. Talk to your doctor, a counsellor or mentor.

*(Adapted from the U.S. Department of Veteran Affairs)*

## What is recovery?

“ Recovery does not mean cure. Rather recovery is an attitude, a stance, and a way of approaching the day's challenges. It is not a perfectly linear journey. There are times of rapid gains and disappointing relapses. There are times of just living, just staying quiet, resting and regrouping. Each person's journey of recovery is unique. Each person must find what works for them. This means that we must have the opportunity to try and fail and to try again. ”

- PATRICIA DEEGAN



## According to the recovery model:

### Recovery

is the process of gaining control over one's life and the direction that one wants that life to go. It is the process of "recovering" one's strengths and identity after a diagnosis.

### Hope

is the belief that the ability and opportunity exists to engage in the recovery process.

### Family

is used to describe a person's chosen circle of support, or "family of choice."