



OSI-CAN provides Peer Support Groups for our target demographic; Military and Public Safety Personnel. Operational Stress Injuries / Occupational Stress Injuries / Post Traumatic Stress Disorder can occur when a person directly experiences or witnesses a traumatic event. This can also happen with repeated exposure to traumatic situations and details.

List of Groups, Meeting Dates & Times, Location, and Contact info.

Please note that meetings are currently held via Zoom. To attend, please contact one of the contacts listed below. \*\*\* This means that groups do not require you to be in their area to attend an online group!!

Director and SK Provincial Coordinator

Questions? Contact us.

Julius Brown, OSI-CAN Director  
CMHA SK, 2702-12th Avenue, Regina, SK S4T 1J2  
306-552-3801 cell  
1-888-495-6068 toll-free  
306-525-5601 ext. 222



Peer Support Groups

Regina

Meetings on Mondays at 7:00 pm (Virtual Online Meeting Only at present)  
Contact: Guy at 306-737-6981 (cell)  
Email [gdelorme@gmail.com](mailto:gdelorme@gmail.com)

Regina

Meetings on Wednesdays at 7:00 pm (Virtual and In-Person meetings available)  
Knox-Metropolitan United Church, 2340 Victoria Avenue  
Contact: Ronley at 306-540-7576 (cell)  
Email [Ronley.Arnold@gmail.com](mailto:Ronley.Arnold@gmail.com)

Saskatoon

TBD

Prince Albert

Contact Renee at 306-331-7295  
Email: [renay.marie@sasktel.net](mailto:renay.marie@sasktel.net)

Moose Jaw

Contact Ronley at 306-540-7576 (Cell)  
Email: [Ronley.Arnold@gmail.com](mailto:Ronley.Arnold@gmail.com)

Fort Qu'Appelle

Meetings on Mondays at 7:00 p.m. (Virtual Online Meeting Available)  
120 Broadway Street W  
Contact: Renee at 306-331-7295  
Email: [renay.marie@sasktel.net](mailto:renay.marie@sasktel.net)

Weyburn

Meetings on Thursdays at 7:00 pm  
Grace United Church  
210 3rd Street  
For more information, contact Tricia at  
306-861-2052 or email [tkfirstaid@gmail.com](mailto:tkfirstaid@gmail.com)

Estevan

Meetings are held via Zoom at 7 pm on Mondays,  
For more information,  
Contact: Guy [306-525-1553](tel:306-525-1553) Call or leave a message or text

North Battleford

Meetings on Mondays at 7:00 pm  
Cadet Rentals, 792 111th St.  
For more information,  
Contact: Byron at [306-208-0650](tel:306-208-0650) (cell)

Nipawin

Contact: Mike at (306) 852-9093 Call or Text  
Email: [osican-tis@cmhask.com](mailto:osican-tis@cmhask.com)

Melfort

Contact: Mike at (306) 852-9093 Call or Text  
Email: [osican-tis@cmhask.com](mailto:osican-tis@cmhask.com)

Melville

Meetings: Last Thursday of the month 7:00 pm-8:00 pm  
First United Church, 148 5th Street East, Melville, SK.  
... Please use the North door and parking lot.

For more information,  
Contact: Doug at email  
eMail: [tdhanley@sasktel.net](mailto:tdhanley@sasktel.net)

Tisdale

Meetings are at the Legion facility at the Tisdale Civic Center  
on the third and last Tuesday of every month.  
For more information,  
Contact: Mike at (306) 852-9093 Call or Text  
Email: [osican-tis@cmhask.com](mailto:osican-tis@cmhask.com)

La Ronge


Contact: Mike at (306) 852-9093 Call or Text  
Email: [osican-tis@cmhask.com](mailto:osican-tis@cmhask.com)

Swift Current

Contact: Renee at 306-331-7295  
Email: [renay.marie@sasktel.net](mailto:renay.marie@sasktel.net)

Operational Stress Injury/ PTSD Support Initiative  
"Resources for those who support country and community."

The target demographic of OSI-CAN are but not limited to: Former and serving members of the Canadian Armed Forces, Allied Armed Forces, the Royal Canadian Mounted Police and Frontline Protectors--- Municipal Police Services, CN Police Services, Emergency Medical Services, Fire Protection Services, Wildland Firefighters and Hospital Trauma personnel, Nurses, Healthcare Workers, Crown Prosecutors, Social Workers, Animal Control Officers, Coroners, Indigenous Emergency Management, Victim Services Personnel, Emergency Communications Specialist, Crisis Management Workers (such as Mobile Crisis, etc), Corrections Officers, "Volunteer" First Responders, Conservation Officers, Tow Truck drivers, and private sector First Responders. Persons who in the performance of their jobs are exposed to criminal acts of Trauma. We also provide supports to the spouses and significant others of those exposed to such trauma. This demographic was chosen due to the commonality of experiences they share through the service they provide to the country and community. We have a special interest and support volunteer first responders as they may not have proper access to support.

  
Mobile Crisis: call 306-757-0127  
Crisis/Suicide Hotline 24/7: 1-833-456-4566  
Or Consult <https://sk211.ca/> to find other help lines  
if you would like an OSI-CAN support group or a spouse of OSI group in your community, contact Julius Brown at 306-552-3801 or 1-888-495-6068

[osicandir@cmhask.com](mailto:osicandir@cmhask.com)

OSCI-CAN IS A PROGRAM OF



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