



### OSCI-CAN Peer Support Groups

OSI-CAN provides Peer Support Groups for our target demographic, Military and Public Safety Personnel. Operational Stress Injury / 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.

[More Information](#)



OSI-CAN provides peer groups that aid in the recovery and reintegration of family and friends of those affected by Operational Stress Injuries (OSI) and Post Traumatic Stress Disorder (PTSD) from many issues that arise from the conditions and resources of their own.

[More Information](#)



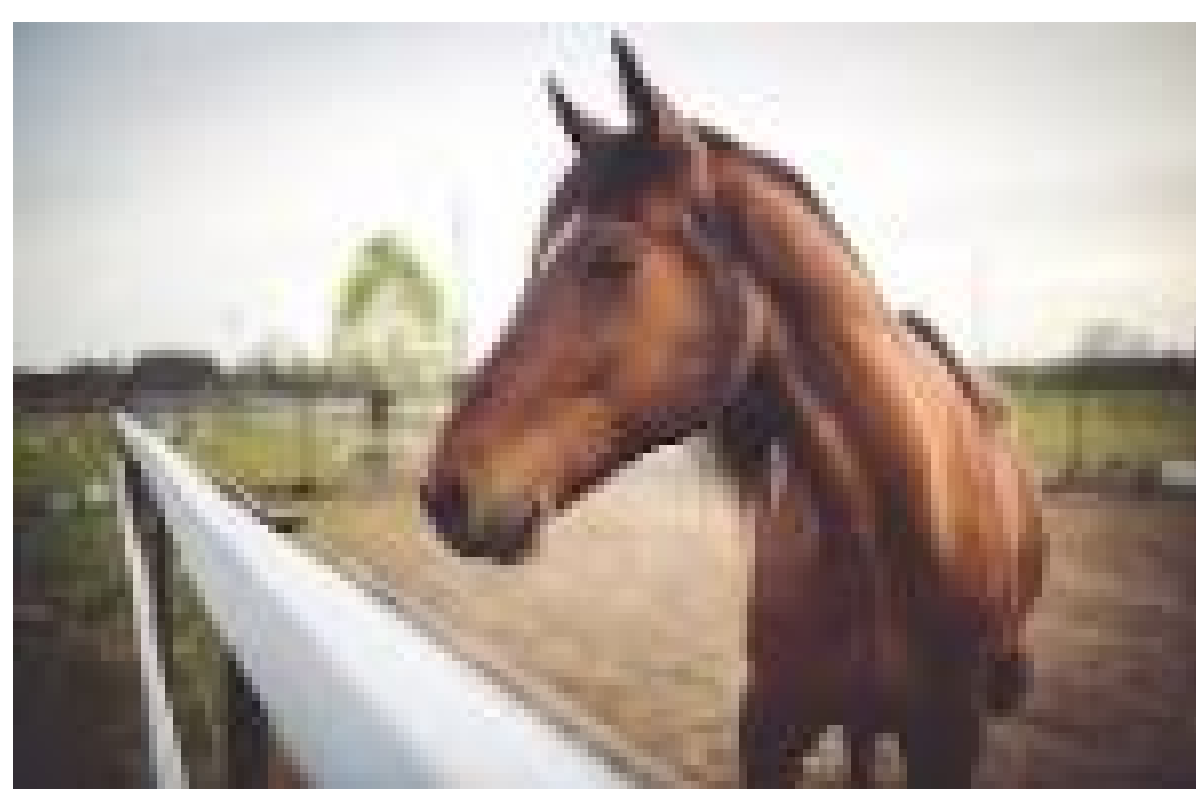
As part of our ongoing efforts to address the mental health needs of Indigenous and Frontline Protectors in our community and across Canada, OSI-CAN has implemented Indigenous Land-Based Healing programs and sites to allow for culturally relevant healing. Indigenous Veterans and Frontline Protectors can engage in holistic healing modalities that integrate physical, emotional, and spiritual well-being.

[More Information](#)



In our efforts to bring awareness and education to the population while having fun, relax and connect them with those who have experienced an Operational Stress Injury (OSI). We have a bilingual Discord Server for OSI-CAN's target demographic and their families.

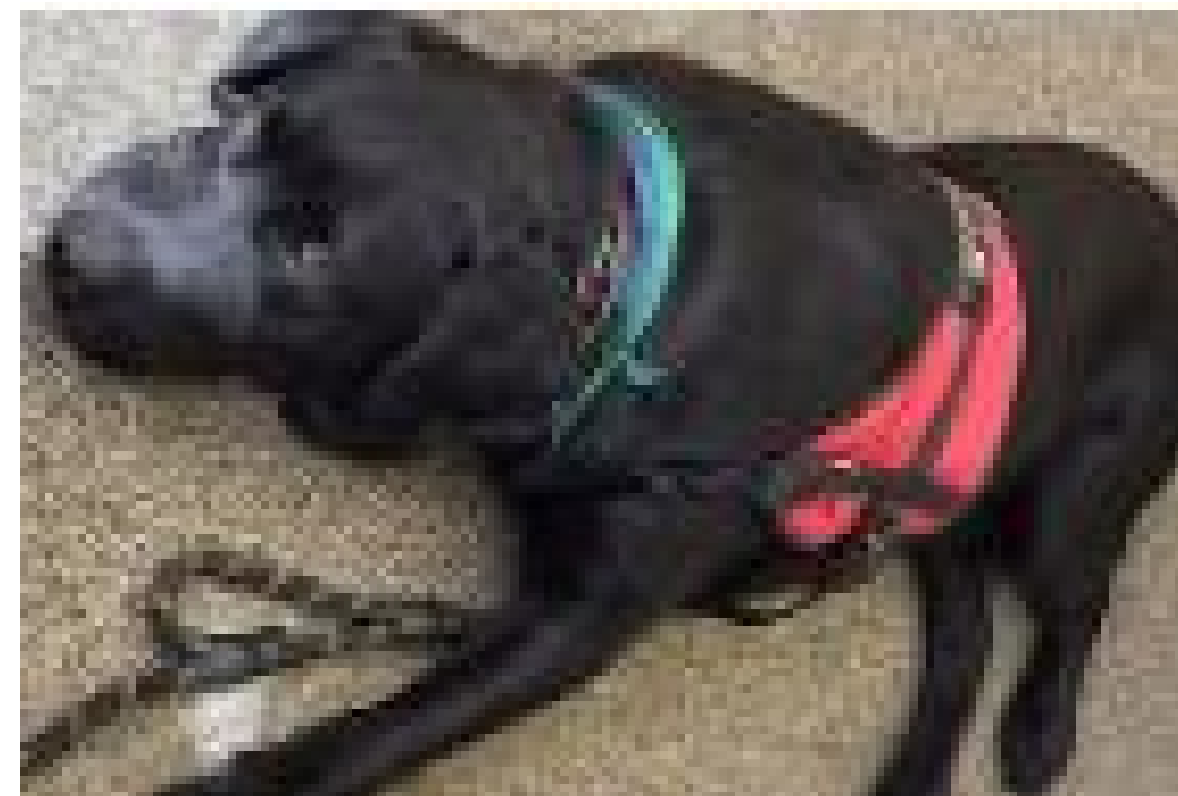
[More Information](#)



### Equine Assisted Learning

OSI-CAN is proud to provide Equine Assisted Therapy Programs across the province in partnership with qualified providers, aiding in the recovery of Operational Stress Injury (OSI) and Post Traumatic Stress Disorder (PTSD).

[More Information](#)



### Service Dog Acquisition

OSI-CAN has a program created to provide financial aid to those in need of a Service Dog to assist in coping and recovering the long-term effects of Operational Stress Injuries / Post Traumatic Stress Disorder and other (PTSD).

[More Information](#)



### Healing with Horses Reset Event

OSI-CAN is proud to introduce the Healing with Horses Reset Event which provides participants with a chance to experience methods of healing in the great outdoors which is conducive to healing and relaxation.

[More Information](#)



### Counselling and Meditation

If you are a public safety personnel or veteran in need of support, you can contact us to be connected with a qualified counsellor. We also work with practicum therapists who can offer timely assistance and help you find long-term support. If you are in crisis or require immediate counselling support while seeking long-term help, please don't hesitate to call us.

[More Information](#)

### OSI-CAN Target Demographic

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

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