



Family & Friends of OSI

OSI-CAN provides peer groups that aid in the recovery and resiliency of the family. At times, adult family and friends of those affected by Operational Stress Injuries (OSI) and Post Traumatic Stress Disorder (PTSD) often may be seeking or require connections and resources of their own.

Meetings are currently available via Zoom ...

For help or to receive a Zoom meeting invite, Email: osicanfamily@cmhask.com

Rebecca @ (306) 502-1290, texting works best.

OSI often occurs as a result of a traumatic event. It can also happen with repeated incidents and details as with OSI-CAN's target group; military, first responders, 911 dispatchers, corrections officers and safety personnel.

Providing support for someone with OSI sometimes means facing battles of your own. Feelings of isolation and understanding are common traits often shared among family members.

My partner of the person with OSI (Operational Stress Injury) is usually the first one to notice a difference in their attitudes. It is important for them to understand what their loved one is going through, of course it is for them to get the support they need. This has been a huge missing piece so far. We help give them the self-care they need while being of assistance in the recovery of their loved ones with OSI."

Provincial Director for OSI-CAN

Understanding, hope, knowledge, strength and encouragement.

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

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