

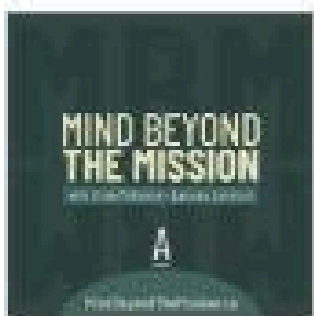
MIND BEYOND THE MISSION

Brian McKenna and Laryssa Lamrock

Dive deep into the real issues experienced by Veterans, former RCMP members and Families living with mental health injuries. Mind Beyond the Mission is a podcast focused on having authentic conversations that are gritty, honest and informative. Mind Beyond the Mission is hosted by Laryssa Lamrock and Bri...

[Read More](#)

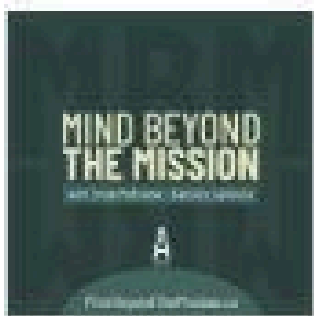
Search podcast...



AN INTRODUCTION TO PROLONGED...

6/25/2025 | 49 min Latest Episode

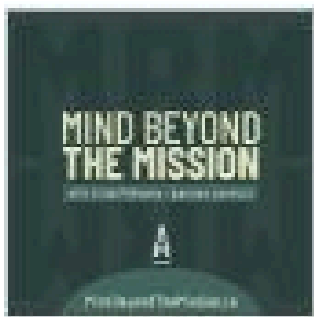
Host Laryssa Lamrock and guest co-host Justin Woodcock look at prolonged exposure (PE) therapy for posttraumatic stress disorder (PTSD) with special guest Dr. David Paul, a registered psychologist...



THE HIDDEN IMPACTS OF...

5/21/2025 | 40 min

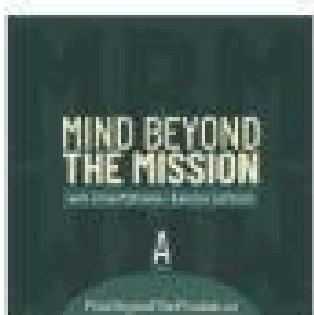
In this episode of Mind Beyond the Mission, host Laryssa Lamrock is joined by guest co-host Tarik Kadri and special guest Guy Dallaire for a conversation about the impacts and complexities of vicarious trauma and...



FINDING STRENGTH IN VULNERABILIT...

4/24/2025 | 42 min

Laryssa Lamrock and guest co-host Staff Sergeant (Ret'd) Gary Hollender are joined by Sheri Lux. Sheri opens up about losing her husband Mike, a Royal Canadian Mounted Police (RCMP) officer, who died by...



TURNING PAIN INTO PURPOSE WITH...

3/26/2025 | 48 min

In this episode of Mind Beyond the Mission, Laryssa Lamrock is joined by guest co-host Andrew Gough — a Canadian Armed Forces (CAF) Veteran, serving Reservist and medically retired police officer — and gues...



REVISITING TRAUMATIC BRAIN INJUR...

2/26/2025 | 58 min

This special compilation episode of Mind Beyond the Mission brings together the most valuable insights from two conversations with Dr. Lyn Turkstra and Veteran and CFL player Ryan Carey, who each joined Bri...

Load More

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 OSCI-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

OSCI-CAN IS A PROGRAM OF



IN PARTNERSHIP WITH



With the Support of

THE LORNE AND EVELYN JOHNSON FOUNDATION

