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# UNWRITTEN CHAPTERS - LIFE AFTER TRAUMA

Matthew Heneghan

Unwritten Chapters is a raw, solo podcast about living through trauma, recovery, and reinvention. Hosted by Matthew Heneghan — Canadian author, veteran, and former paramedic — this show blends lived experience with creative storytelling. Each episode is another chapter in an unfinished story: PTSD...

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## STOIC WISDOM ON FATHERS AND...

10/9/2025 | 26 min [Latest Episode](#)

Matthew reads Marcus Aurelius's Meditations and traces how Stoic reflections on fathers, grandfathers, and mothers echo through his own story—childhood abuse, addiction, PTSD, and the hard choice to heal. He...



## WHEN EXPECTATIONS EXHAUST YOU:...

10/2/2025 | 20 min

Expectations can feel like bricks in a backpack — the ones you pile on yourself, the ones other people stack on you, and even the ones you quietly hand out to others. Eventually, it all gets heavy. In this episode of...



## THE LIE ABOUT ALWAYS STAYING...

9/25/2025 | 27 min

The Lie About Always Staying PositiveEver been told to "just stay positive" — like it's some kind of magic cure? Yeah, me too. In this episode, I answer a follower's question about how I "always" keep a positive...



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## PROCESSING CHARLIE KIRK'S DEATH:...

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In this episode of Unwritten Chapters, Matthew sits down to process the shocking murder of Charlie Kirk and what it means in today's divided world. More than just a headline, this moment sparked reflection — on gr...



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9/2/2025 | 46 min

In this episode of Unwritten Chapters, Matthew Heneghan takes you on a raw, unfiltered journey through Greece — from the cracked streets of Athens to the sun-soaked chaos of Rhodes. What you'll hear in this...

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### 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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