



## Why should you attend

>>>

### If you find yourself

- \*quick to anger,
- \*lacking patience,
- \*unable to shut off,
- \*vigilant even off the job,
- \*feel disconnected with those around you,
- \*feel no one understands,
- \*are a support and don't understand how to help
- \*feel at a loss,
- \*want to feel peaceful
- \*want a sense of calm
- \*need to release tension

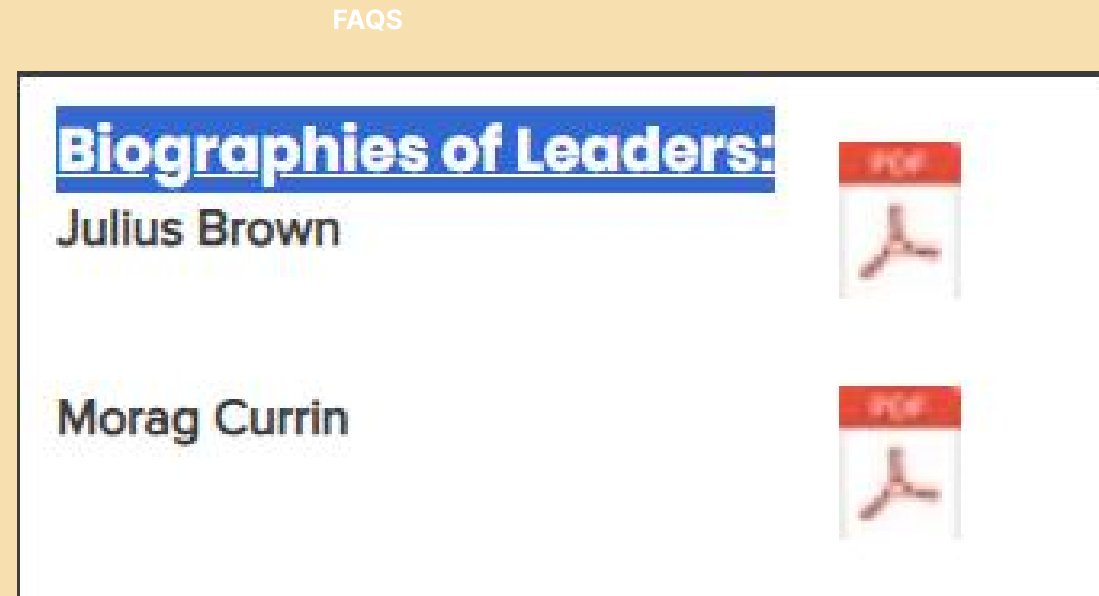


Join us for our  
Non-riding Horse Therapy & more...  
30 minutes east of Regina

(More details at the bottom of this page... keep scrolling)



OSI-CAN stands for  
Operational/Occupational  
Stress Injury Canada. It  
also stands for "Oh Yes I  
Can" find healing.



One participant has said, "The experiences this weekend have given me hope and a sense of being able to have a future. Its been a long time since I have felt either of these things."

Podcast



Horses mirror our feelings and energy.

A horse's electrical field is larger and stronger than ours and their heartbeat is much slower as well. This has a calming effect and teaches symptom management.

Horses teach us how to communicate clearly with intent.

### OUR PLAN:

Healing with Horses Reset Events provide the following activities and benefits:

- Team building equine therapy exercises
- Meditation Exercises
- Learning tools for support
- Bilateral Exercises
- On-site counsellors

Develop empathy, trust, respect, patience & ...  
IT'S FUN!

- BILATERAL WORK
- FLOWPRESSO
- MEDITATION PRACTICE
- PEER SUPPORT GROUPS FOR MEMBERS AND THEIR SUPPORTS
- NATURE THERAPY
- COUNSELLORS AND PEER SUPPORTS ARE AVAILABLE ON HAND
- MINDFUL MOVEMENT

### What else is at the event?

This event combines many different nature and body based modalities to give an optimal healing experience. Each of these processes are tried and tested to assist with trauma, brain injury and calming the system. They also assist with relaxation and sleep recovery, enhancing the immune system.

There is no mandate to share or talk, even if you quietly take it in most people find they walk away more relaxed, feeling a sense of peace they have not felt in a long time and more hopeful about the future.

A therapy is being offered during the event called Flowpresso.

Flowpresso® is a cutting-edge therapeutic system used during the OSI-CAN Healing with Horses Reset to support first responders, veterans, and their partners dealing with PTSD and related challenges. This non-invasive technology combines deep pressure, gentle warmth, and controlled compression to activate the parasympathetic nervous system—helping the body shift from a state of stress to calm. By enhancing circulation, reducing anxiety, and promoting restorative sleep, Flowpresso complements equine-assisted therapy to support emotional regulation, trauma recovery, and overall well-being.

### Who should attend >>>

Armed Forces/RCMP: Currently serving and former members from Canada and other countries.

Supports: Spouses, Partners, Adult Family members, close friends.

If you and your status are not listed above, please contact Julius Brown to see if you qualify: 1-308-552-3801 or [osicand@cmhask.com](mailto:osicand@cmhask.com)



WITH SMARTPHONE.  
CLICK HERE

**Regina Location:** Aug. 9 and Sept. 13, 2025  
(<https://beingamonghorses.com>)  
From Regina Head East to Winnipeg -Trans Canada Hwy 1  
(Use Google maps to find St Joseph's or click on the map on this webpage)  
towards Regina - watch for the St. Joseph Colony turn - approx 7.3 km from Regina - Watch for the Pioneer Gold Elevator - Merge to the South lane on Hwy 1 after passing the elevator - watch for houses South of Hwy 1 & look carefully for a SMALL sign on the South side of Hwy 1 that reads St. Joseph's Colony  
>>>> TURN SOUTH AT THE DIRT ROAD - drive for half a mile - pass by Diggar Drive on the West side - continue on to St. Joseph's Cemetery  
>>>>TURN AT YOUR FIRST LEFT (BEFORE ST. JOSEPH'S CEMETERY SIGN) AND BEFORE YOU GET TO THE HAMLET OF HOUSES. Go left at the fork (on your right is St. Paul's St.) and continue to drive East on Colby Dr. (not marked) - parallel to Hwy 1 - Drive through a hamlet of houses on Colby Dr. and continue driving past Benson Way and Edward St. - Drive past Edward St. - look for the 2nd driveway on the South side with a fence - the sign on the fence will display the land description # N20S18 N082

### Regina Event GPS Coordinates

N 50 Degrees 08.00 Minutes  
W 104 Degrees 10.00 Minutes

### Questions? Contact us.

Julius Brown  
OSI-CAN Director  
CMHA SK, 2702-12th Avenue, Regina, SK S4T 1J2  
Call 308-552-3801 / Toll Free 1-888-425-8082  
or email [osicand@cmhask.com](mailto:osicand@cmhask.com)  
[beingamonghorses.com](https://beingamonghorses.com)

Please wear attire according to the weather and ranch environment.

**NO SANDALS!**

NOTE: For the Flowpresso therapy, please bring a set of clean, moisture-absorbing clothes such as:

- Comfortable sweat-pants/leggings
- Socks
- Long sleeve t-shirt



### Flowpresso Form



### Event Schedule:



### Waiver Forms



We at OSI-CAN do not see PTSD or Post-Traumatic Stress Disorder as a Disorder, we see it as an injury from which you can recover. If you are suffering from the symptoms of an Occupational or Operational Stress Injury, then a PTSD or PTSI diagnosis is not required to get our help.

### Surveys of Event:

- Pre-Registration Survey
- Equine Grooming Experience Survey
- Art Therapy Experience Survey
- Flowpresso Experience Survey
- Peer Support Experience Survey
- Equine Leading Experience Survey
- Wellness Experience Survey
- CBT Discussion Survey
- Post-Event Survey

### 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.

### With the Support of

THE LORNE AND EVELYN JOHNSON FOUNDATION



IN PARTNERSHIP WITH

