

4th annual FIRST RESPONDER SUICIDE AWARENESS CONFERENCE

SEPTEMBER 20, 2018 Calgary, AB

Master of Ceremonies:

Constable Lauren Kearley - Calgary Police Service & Paramedic Troy Miller - Alberta Health Services EMS
(Agenda is subject to minor adjustments)

7:15 - 7:50	Registration	Please be in seats by 7:50
8:00 - 8:15	Opening comments	
8:15 - 9:15	Dr Lauren Zanussi Psychiatrist - Foothills Medical Centre, University of Calgary	<i>Emotional Processing</i>
9:15 - 10:15	Bob Delaney Key Note Speaker, Author, New Jersey State Police (ret), NBA Referee (ret)	<i>Surviving the Shadows of PTSD</i>
10:15 - 10:35	Break and Resource Tables	
10:35 - 11:50	Lieutenant Richard Goerling Hillsboro Police Department in Oregon, US Coast Guard (ret), Certified Mindfulness Facilitator	<i>Mindfulness and First Responder Resiliency</i>
11:50 - 11:55	Mike Pietrus Director, Mental Health First Aid Canada, Opening Minds	<i>Update of Mental Health Initiatives for First Responders</i>
11:55 - 12:15	Her Honour, the Honourable Lois E. Mitchell, Lieutenant Governor of Alberta and His Honour, Honourary Colonel, Douglas Mitchell	
12:15 - 13:25	Lunch and Resource Tables	
13:25 - 13:55	Tanya Sealock Calgary Fire Department - Wellness Centre, Road to Mental Readiness Instructor	<i>Surviving to Thriving</i>
13:55 - 14:40	Natalie Harris Advanced Care Paramedic, Author	<i>Save My Life School – a first responders mental health journey</i>
14:40 - 15:05	Break and Resource Tables	
15:05 - 15:35	Sergeant Jag Soin Royal Canadian Mounted Police, Operational Stress Injury Social Support	<i>Calming the Storm... My Journey of Trauma to Growth</i>
15:35 - 16:20	Susan James Calgary Police Service - Clinical Social Worker	<i>Impact of Trauma on the Family</i>
16:20 - 16:30	Closing comments	

Limited number of books will be for sale at the Legacy Place Society booth on main concourse level. \$25 each

“Surviving the Shadows of PTSD” by Bob Delaney and “Save My Life School” by Natalie Harris