



**Free access to top quality education & resource training to frontline workers in the family violence sector in south Saskatchewan.**

**When:** October 1, 2021 through March 31, 2022

**Who:** Community Agencies, First Responders, and Volunteers located in Treaty 2 and 4 territory (south Saskatchewan region) can access available training.

**What:** Opportunity to access free and cost effective training on trauma-informed care, abuse prevention, and vicarious trauma and burnout prevention. Limited space available for each training opportunity. First come first serve. Please note: 50% of trauma-informed training resources will be dedicated to Indigenous serving agencies and First Nation communities.

There will be **three different** types of training available:

1. Ambiguous Loss & Trauma-Informed Care by Caring Hearts
2. Hello Hero – A VIP Course For First Responders and Their Back-Up by Dr. Jody Carrington
3. Abuse Prevention – Safe Places Volunteer Training

This is an initiative of United Way Regina in collaboration with Caring Hearts, Safe Places, STOPS to Violence, RCMP F Division, and Beatrice Wallace/Wolfe – Survivor & Lived Experience Indigenous Advisor. Special thank you to RCMP Family Violence Initiative Fund for making this possible.



### Overview of Caring Hearts Training

Caring Hearts is a provincial agency that offers individual and group Counselling and support services to individuals that are experiencing grief, trauma, and/or trauma related to having a missing loved one. Caring Hearts provides “western therapeutic” supports and services as well as Indigenous “traditional healing” supports and services.

Caring Hearts offers a wide variety of education and training resources for frontline professionals and volunteers that work with individuals and families that are experiencing grief, trauma, intergenerational trauma and ambiguous loss. Caring Hearts specializes in ambiguous (Missing Persons) loss with a focus on supporting families of Missing and Murdered Indigenous Women and Girls and all Missing Persons.

### Face-to-face (and online) Education and Training Sessions:

Caring Hearts offers face-to-face (and online) education and training sessions on several trauma related topics including-

1. Understanding the Effects of Trauma and the Traumatic Reaction
2. Trauma Informed Care and Awareness: How do we become Trauma Informed in the work we do
3. Understanding Ambiguous Loss: How does having a Missing Loved one effect individuals and families? How is it different from other traumas and losses?
4. Intergenerational Trauma: What is Intergenerational Trauma? What causes Intergenerational Trauma? How is trauma passed down from generation to generation?
- 5 Living in wellness and Building Resiliency: How can we as frontline professionals “live in wellness and build resiliency” so we can continue to do our jobs in a healthy way? What is “secondary trauma and how does it effect us?”
6. Understanding Grief and its Effects

Caring Hearts education and training sessions are unique in that they can be adjusted and custom designed to fit the needs of your agency. Any of the above topics can be combined with each other. The sessions can accommodate any number of attendees and any length of time to fit the schedule of the agency.

Caring Hearts education and training sessions are facilitated by the Caring Hearts Director of Education and an Elder. The approach is designed to demonstrate how Indigenous Traditional Healing and understanding and Western approach/understanding can work together to support individuals and families to ensure they are receiving the supports they need to heal.

### Manuals and written resources:

Caring Hearts offers numerous manuals, journals, guidebooks and pamphlets on grief, trauma, trauma informed care, intergenerational trauma, ambiguous loss, self-care and resiliency building and Indigenous Traditional Healing and Protocols.

- 1-Trauma-informed Care \*NEW
- 2-Children’s Grief Journal \*NEW
- 3-Adult Grief Journal \*NEW
- 4-Ambiguous Loss for the Caregiver
- 5-Resiliency and Self-Care \*NEW
- 6-Facilitating a Missing Persons Support Group
- 7-Traditional Healing Guide
- 8-Surviving Trauma for individuals and families NEW
- 9-Managing while a loved one is missing workbook NEW

### Webinars:

Caring Hearts offers several online webinars facilitated by both local and out of province experts. Webinars are accessed through a link and a live passcode that is provided. The webinars can be accessed for any length of time. During the accessed time, the purchaser has unlimited viewing ability.

Available webinars include:

- 1-Children’s Grief
- 2-Trauma-informed Care/Trauma
- 3-Ambiguous Loss
- 4-Early Nurturing Developmental Trauma
- 5-Self-Care & Resiliency Building - 1-hour session
- 6-Intergenerational Trauma
- 7-Traditional Healing
- 8-Restorative Yoga
- 9-Understanding the Sharing Circle (Facilitated by Elder)
- 10-Resiliency and Self-Care - 8 sessions
- 11-Coping with Loss in Uncertain Times - 6 sessions



**To access this free training opportunity contact:**

Dwayne Yasinowski, Director of Education and Training T: 306.523.2786 E: [dwayne.yasinowski@caringheartssk.ca](mailto:dwayne.yasinowski@caringheartssk.ca)

About Hello Hero & Message from Dr. Jody Carrington:



**“Organizations are only as strong as the employees who serve in them and employees are only as strong as the people who hold them.”**

We’ve known that for a long time: If we look after our people, if we create a culture of collective effervescence, our teams will be strong, committed, and healthy. Police, Fire, Military, Corrections, and EMS crews experience some of the most traumatic situations on the “front-line” in their job. There is also the continued focus on the “stigma” of talking about mental health and the often-feared PTSD in the first responder world. Let me be clear about one thing: PTSD is NOT a mental illness. It is a psychological injury. Just like a physical injury, if left untreated, it will cause significant pain and disruption. And here’s the kicker – it affects the whole family. Most importantly, it takes a family-effort to heal. There has been a long line of resources developed for the serving member, but very little effort has been directed to the support systems.

**This course was created for all the heroes who do this brave work of helping people at their most vulnerable** – those who do frontline work (paid or volunteer) and those who hold them. We’ll talk about how this job can affect a whole family – and remind each of you why you matter to our communities, and mostly to each other.

This course is about trauma, when and why it can be a big deal (and what to do about it). We’ll talk all about relationship and connection and timing. And we’ll wrap up this epic course with a plan to help each of you be better than you’ve ever been, and what the “next steps” in shifting culture might look like. I added a final module just for those of you with kids, to watch with them. It’s short and packed with some of the things that first responder families face that are unique, just to you.”

**This course is made up of:**

- 7 bonus audios and 5 knowledge and focused modules.
- PDF and Video formats.
- Step-by-step guides through each focus area.



QR code for more details about the Hello Hero course.

**To access this free training opportunity please contact:**  
Cpl. Monica Lucas at [monica.lucas@rcmp-grc.gc.ca](mailto:monica.lucas@rcmp-grc.gc.ca)

The City of Swift Current's Safe Places – Youth Certified initiative is the first of its kind in Canada, demonstrating a community approach to safeguarding youth against bullying, abuse, harassment, and discrimination (BAHD).



### Overview

Safe Places – Youth Certification is a program for individuals aged 18 and over. After successfully completing the steps outlined below and all paperwork has been approved, information is populated in a Safe Places database and a Youth Certified ID number and card, valid for 3 years, is issued to the applicant. Upon expiry, individuals are required to recertify by completing the steps again. Requirements:

- Respect Group training certificate (Respect in Sport or Respect in School)
- Valid criminal and vulnerable sector check (within the last 3 months)
- Safe Places application form
- 2 copies of government-issued ID

The Safe Places process ensures that anyone with prior unsuitable convictions cannot be Youth Certified; therefore, limiting their opportunity to connect with youth.

### Safe Places – Free Education opportunity for anyone who works with youth.

Beginning October 1, 2021 through March 31, 2022 community agencies and volunteers will have the opportunity to access free training in the prevention of Bullying, Abuse, Harassment and Discrimination. As a recipient of the Family Violence Intervention Fund, Safe Places wants to provide 200 activity leaders and volunteers the opportunity to access the online Respect Group training portion of Safe Places for individuals that reside within the Treaty 2 and Treaty 4 areas.

### Online Training Overview

The Respect Group online training program is a prevention tool developed for any individual who interacts with youth allowing them to recognize, understand and respond to issues of bullying, abuse, harassment, and discrimination (BAHD). The Respect in Sport Activity Leader program specifically, is aimed at coaches, volunteers, officials, participants, and youth leaders - all working within the sport, culture, and recreation field.

### Topics covered include:

- Inclusive leadership, Child development, Understanding and Managing emotions
- Physical and Psychological Wellness
- Abuse, Cyberbullying, Harassment, Hazing, Grooming
- Taking Action, Reporting, Importance of Bystander



QR Code to register for free online Respect Group Training.

Safe Places would also like to engage communities and organizations provincially to learn more about our Safe Places program and support anyone wishing to implement this program within their community. In Swift Current, we have over 2600 individuals Youth Certified and have worked with other communities to successfully implement the program locally. More information can be found on our website [www.SafePlacesSK.ca](http://www.SafePlacesSK.ca)