

Want to Learn How to Better Manage Work-Related Stress?

Join a study that hopes to build your resiliency!

Researchers from the University of Manitoba are looking for volunteers to take part in a free online course which aims to build resilience and well being in a high stress workplace.

WHY JOIN?

- You will learn to be more mindful.
- You will learn skills to help balance your moods.
- You will learn coping skills for dealing with stress and trauma.
- You will help researchers build a program that can help public safety personnel like you.

WHO CAN JOIN?

Anyone currently or formerly working in public safety, whether as a police officer, firefighter, paramedic, correctional officer, dispatcher, or another similar role.

TESTIMONIALS

"The course helped me recognize things in myself that I want to change and it has given me the tools to start practicing that, and I am grateful for that new information. Thank you. "

"Workplaces need to incorporate these practices into shifts/education."

"I found this experience very informative and I'm confident I now have the tools to self manage occupational stress injuries."

If you are interested, scan here to get more details about the study and to sign our consent form:



For any questions, please contact:
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