



4th Annual Invisible Wounds Conference for First Responders

Wednesday, October 9, 2019

Time: Registration: Oct. 8 at 20:00 – 22:00 or Oct. 9 at 07:30. Presentations: 08:50 -16:30
Location: Best Western Plus Walkerton Hotel and Conference Centre Phone: (226) 436-3030
 10 East Ridge Road, Walkerton, ON. NOG 2V0 Discount room rates booked under **Invisible Wounds**
Tickets: \$90.00 per person - includes refreshments and pastries upon arrival, hot lunch and two breaks

<https://invisible-wounds-conference.eventbrite.ca>

*Early Bird Rate of \$75 until June 30th

The **Invisible Wounds** conference for First Responders will provide opportunities to increase awareness of how to build resiliency skills in order to deal with occupational stress injuries that are inherent in your profession. Speakers, most with lived experience, will share how Peer Support and learned coping skills assist in prevention and recovery.

This conference will assist First Responders interested in learning about and addressing relationships issues, anger, and mental health challenges, including, but not limited to, hypervigilance, anxiety, panic attacks, depression, PTSI, and PTSD.



Emcee: George E. Hebblethwaite, Deputy Chief of Police, Hanover Police Service

Keynote Speakers



Graham Trude strives to be a role model for fellow servicemen and emergency responders. He is an Ambassador for Wounded Warriors, an Afghanistan veteran, and presently serves as a police officer. His presentation will assist in spreading the message not to suffer in silence.



Sgt. Ed Jermol is a 20-year police veteran, diagnosed with complex PTSD in 2016. Ed's presentation will focus on "Post-Traumatic Growth – Acceptance and Resiliency."



Dave McLennan is a retired police constable having served 30 years with Peel Police, founder and President of Boots On The Ground. Dave's presentation is titled: "Boots on the Ground – a unique approach to Peer Support."



Captain Doug Sharp has served with Kitchener Fire for 27 years on the floor with suppression. Doug will speak on how moral injuries can be brought upon by performing operational errors or actions which are not true reflections of personal integrity.



Deputy Chief Hebblethwaite has been a police officer for 35 years. He's been exposed to a wide range of critical incidents both as an officer and as a supervisor. His speech will include experiences wearing both "hats", and how police culture has evolved in managing trauma.



Jennifer Grigg spent 27 years in fire service, initially in dispatch, then as a volunteer firefighter. Jennifer advocates for Mental Health and is a Body Language Trainer. Her presentation is titled: "How Body Language Can Improve Communication and Mental Health."



Invisible Wounds is pleased to collaborate with **Boots on the Ground** who will be offering pre-requisite training to First Responders wanting to become volunteers. Training will be offered, with minimum of 10 registrants, at Walkerton Fire Department October 7-8th. For information contact recruiting@bootsontheground.ca