



Tim Neubauer

Community Resiliency and
Wellness Manager at
Canadian Mental Health Association,
Alberta Division

Tim is the founder of Rethink Life Canada, a consulting organization focusing on crisis management, disaster recovery and community resilience.

He has spent over 25 years in the not-for-profit sector working in the areas of community development, chaplaincy, and social work.

Tim currently works with the Canadian Mental Health Association-Alberta Division, overseeing the provincial training development in the area of workplace wellness. He is part of a team that provides training to help 150 communities promote Mental Health over the next three years.

About ICHM Saskatchewan

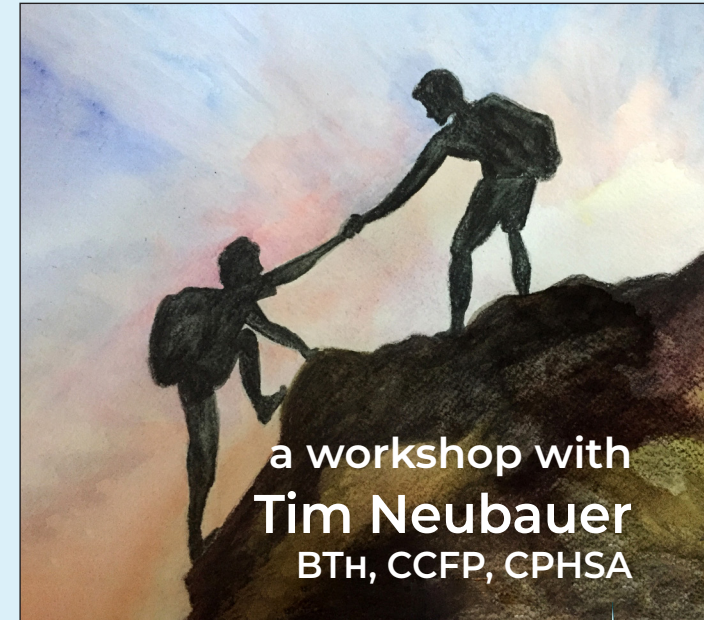
MISSION

*Fostering healthy communities
through Christ's healing ministry.*

Saskatchewan's provincial chapter of InterChurch Health Ministries (ICHM-SK) is a registered Canadian charity consisting of congregations and parishes, along with parish nurses, who work together, ecumenically, to promote an understanding of the relationship between faith and health. We offer informational forums, resource materials, support, and consultation. ICHM-SK also assists with the training and recruitment of parish nurses.



Carrying the Burden of Trauma: Psychological First Aid & Spiritual Support in Times of Crisis



a workshop with
Tim Neubauer
BTh, CCFP, CPHSA

PRESENTED BY

ICHM SASKATCHEWAN

September 12-13, 2019

**Queen's Retreat Centre
601 Taylor St W, Saskatoon**

For those who are affected by trauma:

- | | |
|-----------------------------|------------------------------|
| First Responders | Clergy |
| Healthcare Workers | Coroners |
| Mental Health Service Staff | Funeral Home Staff |
| Social Workers | Crime scene clean-up workers |
| Spiritual Care Providers | Members of the community |

Schedule

THURSDAY, SEPT. 12 (EVENING)

6:00 Registration, Welcome Reception

6:30 Greetings, Centering Moment

7:00 **Session I: Mental Health Matters**

FRIDAY SEPTEMBER 13 (DAYTIME)

8:00 Greeting, Centering Moment

9:00 **Session II: Psychological First Aid**

10:15 Nutrition Break

10:45 **Session II (cont.)**

noon Lunch

1:00 Centering Moment

1:15 **Session II (cont.)**

2:45 Nutrition Break

3:00 **Session II (cont.)**

4:30 Closing Remarks

Registration

Thanks to a generous donation from an individual, ICHM-SK is able to offer this workshop for a low fee of **\$60** (\$50 for members of ICHM-SK partner congregations). You may register and pay online or by filling out the enclosed form.

To learn more about the workshop or to register,

Please visit
<https://ichm-sk.ca>

or contact Karen
at 306.631.6818, info@ichm-sk.ca

Descriptions of Sessions

Thursday (evening)

I. Mental Health Matters

Recognizing the potential challenges that we may face in our personal and professional lives is important not only for our own health, but also for the people we work with daily.

This presentation examines: defining mental health, creating a common language to reduce stigma, building a safe place in which people can speak about their own lived experience, and understanding the impact that crises and disasters have on our mental wellness. Practical steps will be offered to create an individual plan for wellness and personal resilience.

Friday (all day)

II. Psychological First Aid

Psychological First Aid (PFA) is recognized by the WHO as a way to help people immediately following an emergency or disaster. This all-day workshop provides the tools and skills that are needed to recognize stress and trauma, in yourself and in others. It will also cover how to respond effectively through proactive self-care and stress management techniques.

Learning outcomes include:

- Practical care and support to affected individuals following a traumatic event
- Helping people to meet their basic needs
- Active listening in a stressful environment
- Understanding grief and loss
- Connecting people to information, community services, and social supports
- Protecting people from further immediate harm
- Self-care planning for PFA providers

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Workshop with Tim Neubauer
September 12-13, 2019

Participant Registration

*you may also register online at
www.ichm-sk.ca*

Name: _____

Address: _____

Email: _____

or

Phone: _____

Occupation: _____

Employer: _____

(optional)

\$60 Registration fee enclosed
*please make cheque out to
"ICHM-SK"*

or

\$50 Member of Partner
Congregation (please specify)

please mail or drop form/fee off at
ICHM-SK c/o Redeemer Lutheran
812 Preston Ave
Saskatoon, SK S7H 2V2