

Resilient Minds: Train-the-Trainer

Resilient Minds™ is an evidence and trauma-informed, peer-to-peer training program designed to enhance the personal resilience of firefighters and the collective resilience of fire services. The 24-hour Train-the-Trainer (TTT) workshop prepares and certifies in-house firefighters to become Peer Instructors. Peer Instructors will facilitate the Resilient Minds eight-hour course to their respective fire department and/or region. The workshop includes ongoing mentorship and support from the provincial Canadian Mental Health Association and National Resilient Minds team.