



Government Funding Available for Frontline Workers!



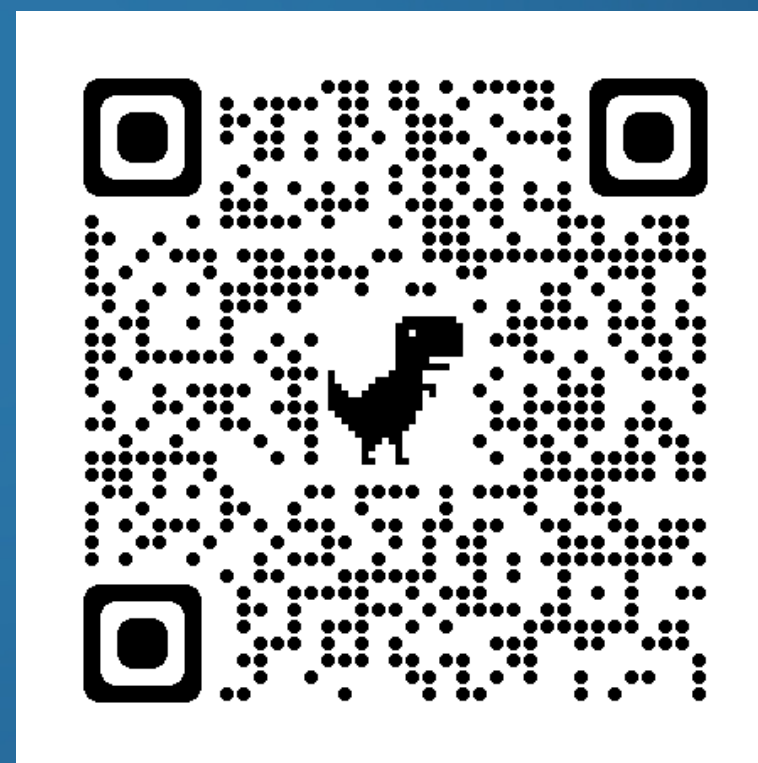
Through a government grant, the BOS program is now available for frontline workers at at no cost. As a part of this project, the individual participants are invited to participate in BOS program research surveys.*

Barrie Groups Starting Soon!

Scan the code or visit the link
below to register today.

<https://wayfound.ca/start-the-registration-process/>

- **Nurses**
- **Personal Support Workers**
- **Doctors**
- **Public Safety Personnel**



BOS is a proprietary and evidence informed program that builds mental health resiliency, skills, and knowledge about managing the stress related to traumatic experiences expected as part of many jobs. This is a proven effective program to reduce stress and mental health injuries related to workplace trauma and stress.

*The research study is being conducted by researchers at the Canadian Institute of Public Research and Treatment (CIPSRT). Participation in this research study is voluntary and is not a requirement for participation in the BOS program.



BOS Offerings Available

The BOS Program is available under the grant funding in the following delivery options:

BOS Online

- Widely available, online program that the participant can complete at their own pace.
- Ideal for participants who are remote, looking for a more economical option, or need a refresh following a more intensive BOS delivery.
- Provides the key concepts of the BOS program through a self-directed modality with opportunities for in-depth, self-reflective practice and implementation.

BOS Peer

- Eight-week, one-hour, video conference presented live by an expert mental health professional.
- Intended for individuals with operational experience.
- Suitable for peer support, wellness groups, and preexisting cohorts.
- Provides key concepts and strategies of the BOS program with opportunity for questions and discussion.

BOS Intensive

- Eight weeks of two-hour group therapeutic intervention.
- Intended for individuals who may be experiencing symptoms related to operational stress that is impacting their life.
- Shown by research to reduce symptoms of PTSD, anxiety, depression, and stress.

