

FIRST RESPONDERS' WELLNESS SYMPOSIUM: KEEPING STRONG PEOPLE STRONG



On April 26th, 2025, we are pleased to be hosting our third annual “First Responders’ Wellness Symposium: Keeping Strong People Strong” at NSCC-Lunenburg Campus in Bridgewater, NS.

We are once again pleased to have the TEMA Foundation partner with us this year. It is a nonprofit organization that focuses on mental health and wellness for frontline workers, first responders, healthcare professionals, public safety personnel, and the important people in their lives. The TEMA Foundation develops educational programs and then partners with like-minded organizations to deliver impactful education and training. For more info, go to: <https://www.tema.foundation>

As you know, hosting a Symposium such as this takes time (that’s us) and money. This is where you come in. We are a non-profit society committed to the health and wellbeing of all first responders and their partners. The Society consists of firefighters, paramedics, Ground Search and Rescue (GSAR) and law enforcement officers from across the Valley / South Shore area. A team of like-minded individuals with a passion for supporting first responders.

We are asking that you support our endeavour so we can bring in interesting speakers by donating financially to our society. This is one way you can give back to our communities. We want to only charge participants a small fee (\$30) which basically covers the cost of lunch plus their Symposium bag for which they can collect materials / info from the various vendor organizations. Your financial contribution will help with speaker honorariums and / or articles / gift certificates towards door prizes all which will help off set costs for the Symposium. Some speakers donate their time to the Symposium, but for others we must pay.

If you donate financially, based on the amount, we honor you by designating you as one of the following:

Bronze - \$250-499.00

Silver - \$500 to 1000.00

Gold – more than \$1000.00

Additionally, you will be given acknowledgment of your donation on our promotional materials, website, etc. For that we would request a jpeg image of your organization’s logo.

You can also visit our website at: www.firstresponderwellness.ca

Please send your financial donation to the following:

First Responders’ Wellness Symposium Society

Attention: Sheena Conrad, Treasurer

1321 Hwy 332, First South, NS

B0J 2C0

Or you can send it via e-transfer to: wellnesssymposium@hotmail.com

Thankyou for taking the time to consider investing in the health and well-being of our fist responders. They provide so much to us and now it is our turn to provide something back to them.

Regards,

Wendy Rafuse
Chairperson, First Responders’
Wellness Symposium Society

Kevin Pick
Symposium 2025
Co-chairperson

Deven Kennedy
Symposium 2025
Co-chairperson