



Who We Are

We are a multidisciplinary community open to all dedicated to the wellbeing of first responders, from traditional roles like fire, police, and paramedics to often-overlooked front-line professionals such as tow truck operators, ER staff, and funeral directors.

Our motto is:

"Keeping Strong People Strong"

REGISTRATION INFO

Visit our website:

<https://firstresponderwellness.ca>



For more information:

info@firstresponderwellness.ca



2026

April 25, 2026

9:00am - 4:00pm

NSCC Kingstec Campus, Kentville

"Keeping Strong People Strong"

SPEAKERS & SCHEDULE

FOSTERING RESILIENCE

THE CHALLENGE

A multidisciplinary group of like-minded first responders unite

Time	Session	Speaker	Topic
8:20-8:30	Welcome		
8:30-9:30	KEYNOTE	Brad Landry	Proactive Resiliency
10-10:30	A1	Stephanie Jackson	Understanding Your Nervous System and Befriending Your Amygdala Monster
	A2	Martina Kelades	The Power of Pause
	A3	Luke Schneider	PSPNet
11-11:30	B1	Ed Wohlmuth	Being Strategic Resilient
	B2	Derrick McEachern	How Essential Skills for Managing Trauma Impact Your Intimate Relationships
	B3	Annette Thompson	CISM
12-12:30	C1	Stephen Michels	Accessing Faith for Resiliency: moving from reactive to proactive
	C2	Sue Smiley	The Sh*t Work of Self-Care
	C3	Judy Hollett	Peer Support at EMCI
12:30-1:30	LUNCH		
1:30-2	D1	Adam Conter	Intergenerational Trauma and Parenting
	D2	Ryan Mason	Making the Transition to Civilian Life
	D3	Annette Thompson	Therapy Dogs
2:30-3	E1	Samantha Sarty	EMDR Intensives: Fast-Tracking Trauma Recovery for First Responders
	E2	Keith MacDonald	Financial Planner
	E3	Helen Ludee	TBD
3:30-4:30	KEYNOTE	Gary Phillips	The Importance of Self-care
4:30-5:00			Wrap up & giveaways

- First responders frequently face tough, traumatic situations



- Impact of mandatory overtime, understaffing and a high stress job



Our mission is to foster resilience and well-being for first responders

- Firefighters, Police, Paramedics and Ground Search members
- Emergency Room staff, Funeral Home Directors, Tow Truck Operators

