

Mental Health Programs:

TRAUMATIC STRESS RECOVERY PROGRAM (TSRP*) ANXIETY & DEPRESSION RECOVERY PROGRAM (A&DRP*)

2023 PROGRAM DATES		
First Responders	TSRP	May 1st – June 2nd
First Responders	TSRP	June 12th – July 14th
First Responders	TSRP	July 31st - September 1st
First Responders	TSRP	September 5th – October 6th
First Responders	TSRP	October 10th - November 10th
First Responders	TSRP	November 14th – December 15th

*TSRP – 5-week program + 6 weeks post-treatment support (2 weeks of treatment, 1 week of home reintegration, 2 weeks of treatment)

*A&DRP – 11-day Program + 4-weeks Post-treatment Support (Monday start, one weekend, Thursday end)

Central Intake Office

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www.PTSDrecovery.ca

Referral Form