

Wayfound

BOS
Before Operational Stress

Resiliency Training

BEFORE OPERATIONAL STRESS PROGRAM

Are you or your
colleagues feeling the
impacts of **COVID-19** or
Operational Stress?



BOS provides **immediate support** through a resiliency-based training program that empowers first responders and other public safety personnel (PSP), frontline workers, and healthcare workers to take care of their mental health.



For all Canadian first responders and other PSP, frontline workers, and healthcare workers. Available in **French** and **English**.

180

Canadian PSP organizations are engaged with **BOS**.

Participants can take the BOS program in three ways:

BOS Online



BOS Intensive



BOS Peer



Self-paced



Online



Psychological
Education



In-person group



2 hour weekly sessions



Facilitated by clinician



Available remotely



Online group



1 hour weekly sessions



Facilitated by clinician

REGISTER NOW