



SASKATCHEWAN
FEDERATION
OF POLICE OFFICERS

PRESENTS:

LIVE WEBINAR

MIND & FAMILY MATTERS

Mental Wellness Info and Tips for Officers + Their Families

Tuesday, March 25, 2025 | 6:00 PM – 7:30 PM | Zoom Virtual Event

FREE AND
CONFIDENTIAL
WEBINAR

BECAUSE MENTAL WELLNESS MATTERS—FOR YOU & YOUR FAMILY

This supportive session will provide valuable insights, strategies, and real-life tips from experts in the field.

WHAT YOU'LL LEARN

- ✓ Take a quick self-check to see if you need extra support
- ✓ Recognize the signs of depression, anxiety, and PTSD
- ✓ Discover a practical approach to manage negative thoughts & behaviors which may be impacting your well-being
- ✓ Learn about resilience strategies for you and your family

OUR HOSTS & EXPERTS



CASEY WARD

President,
Saskatchewan Federation
of Police Officers



HEATHER HADJISTAVROPOULOS

Clinical Psychology Professor & Co-Principal
Investigator, PSPNET & PSPNET Families



NATHALIE REID

Assistant Professor, Director of the
Child Trauma Research Centre &
Co-Principal Investigator, PSPNET Families

REGISTER
TODAY!

Your privacy matters—registration is anonymous.
Reserve your spot today!

www.saskpolice.com
(Advance registration required)