

WAYFINDERS WELLNESS SOCIETY

FALL 2026 COMMUNITY NEWSLETTER | SUPPORT • CONNECTION • PTSD INJURY NAVIGATION



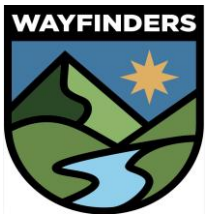
We get through it together.

A season of growth in peer support, family and spousal programming, programing growth/expansion and development, education, advocacy and community connection for first responders, military personnel, veterans, and their families living with PTSD injury.

2,500+
served in 2024/25 fiscal year

Growing Family Support
spouses & families

Peer-led and Operated
with clinical oversight



Connection, Recovery & Family

Wayfinders continues to build support around the whole person
- and the people who stand beside them.

PEER SUPPORT • FAMILY & SPOUSAL SUPPORT • EQUINE WELLNESS



Equine Wellness.

The historical ranch that our nonprofit organization resides in is one of the most distinctive parts of Wayfinders, and adds to the feeling of peace, safety, and security.

The Equine Wellness Program, which is facilitated by WWS certified Equine Assisted Learning facilitators, creates a calm, practical environment using groundwork interactions with our horses for finding balance, connection, self-reflection, and building transferrable skills that can be carried on into daily life interactions. For many people, working alongside horses can open a different door to trust, regulation and conversation.

Uniform Service Members Peer Support Group

Biweekly peer support continues with in-person and virtual options, creating accessible connection grounded in lived experience.

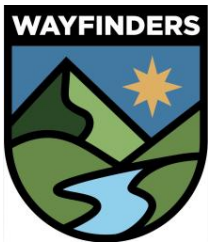
Spousal & Family Peer Support Group

This rapidly growing program that began in July 2026, recognizes that PTSD injury effects relationships and family systems. Dedicated peer support gives spouses and families their own ability to connect, learn, and be heard by others who have walked the journey of living alongside PTSD injury.

Purpose, Belonging & Community

The journey to healing and recovery also happens through ordinary work, shared purpose and being part of a team. A recent ranch workday brought members together to tackle fencing - an example of the informal connection that grows when people work shoulder-to-shoulder.





Education That Understands the Uniform

Training built around operational culture, lived experience and trauma-attuned care.

UNIFORMED CARE PROVIDERS COURSE | SEPTEMBER 14-16, 2026

WAYFINDERS
WAYFINDERS WELLNESS SOCIETY & ALBERTA RECOIL INC.

UNIFORMED CARE PROVIDERS COURSE
For those who serve CAF, RCMP & Veterans

BRIDGING THE GAP BETWEEN CLINICAL CARE AND OPERATIONAL REALITY
FACILITATED BY RETIRED MILITARY & POLICE

ABOUT THE COURSE
This course is designed to help professionals better understand and support first responders, RCMP, CAF members, veterans, and their families:

- ✓ Operational Stress Injuries (OSI)
- ✓ PTSD and Military Sexual Trauma (MST)
- ✓ Reintegration strategies

Participants gain practical tools to provide trusted, trauma-attuned care grounded in real operational experience.

WHAT YOU WILL LEARN

- ✓ Military & RCMP culture immersion ("Boot Camp" experience)
- ✓ Reintegration strategies
- ✓ Understanding operational trauma & secondary trauma
- ✓ De-escalation communication strategies
- ✓ Avoiding re-traumatization in care environments

WHO SHOULD ATTEND

- ✓ Therapists, psychologists & social workers
- ✓ Peer support workers
- ✓ Chaplains & case managers
- ✓ First responder & Veteran-facing professionals
- ✓ CAF & RCMP leaders and human resource

COURSE DATES
SEPTEMBER 14, 15 & 16, 2026
COCHRANE FIRE HALL
20 GRANDE BLVD, COCHRANE, AB
FROM 8:30 AM TO 4:00 PM

WHY IT MATTERS
Many members struggle with care that doesn't reflect their lived experience.

THIS COURSE IS PROVIDED FREE FROM A GENEROUS DONATION FROM HORTON ROAD LEGION BRANCH 285 POPPY FUND

REGISTER NOW! info@albertarecoil.com

Bridging clinical care and operational reality

In collaboration with Alberta Recoil Inc., Wayfinders delivered the three-day Uniformed Care Providers Course at the Cochrane Fire Hall. The course helps care providers better understand the culture and lived realities of first responders, RCMP, Canadian Armed Forces members and veterans.

Course themes

- Operational Stress Injuries and PTSD injury
- Military Sexual Trauma
- Reintegration and de-escalation
- Secondary trauma
- Avoiding re-traumatization in care environments

The course was provided free through the generous support of the Royal Canadian Legion Branch 285 Poppy Fund.

Community Partners Stepped Up

Tim Hortons Cochrane, Firehouse Subs Cochrane, Mr. Mozzarella Cochrane and Dairy Queen Cochrane helped support participants with food and refreshments. Their generosity strengthened the sense of community around the course.

WAYFINDERS
WELLNESS SOCIETY
SUPPORT • CONNECTION • PTSD/INJURY

We got through it together.

ALBERTA RECOIL INC.
VETERAN OWNED

THANK YOU
TO OUR COMMUNITY PARTNERS
FOR SUPPORTING THE
UNIFORMED CARE PROVIDERS COURSE

GOOD FOOD • STRONGER CONNECTIONS • BRIGHTER TOMORROWS

Tim's
COCHRANE
Proudly Canadian

FIREHOUSE SUBS
Cochrane

DQ
Cochrane

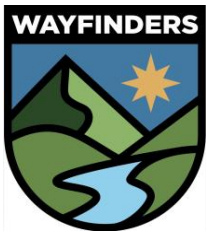
Mr. Mozzarella
Cochrane

cochrane
HOW THE WEST IS NOW

Royal Canadian Legion
BRANCH 285
POPPY FUND

Your generosity fuels education, connection and support for those who serve our communities, our country and their families.

COMMUNITY • COMPASSION • RESILIENCE • TOGETHER



Advocacy, Navigation & the Road Forward

Turning lived experience into practical tools, stronger systems and clearer pathways.

PTSD INJURY RECOVERY & NAVIGATION

Wayfinders developed a Seven-Step PTSD Injury Recovery & Navigation Roadmap - a practical guide created from the peer lived perspective, that is intended to make an often-confusing journey easier to understand for injured members and the people supporting them.

Navigation Support

One-on-one help continues for people working through WCB, Veterans Affairs Canada, insurers, clinical treatment pathways, and community resources.

Psychological Injury Reform

Wayfinders continues to bring lived experience, as well as professional voices, into discussions about access to care, continuity, trauma-attuned processes and the experience of injured workers navigating compensation systems.

TRAUMA-ATTUNED LEADERSHIP & ORGANIZATIONAL WELLNESS EDUCATION PROGRAMS

ALBERTA RECOIL INC.
VETERAN OWNED

STRONGER WORKPLACES. START WITH AWARENESS.

TRAUMA-ATTUNED LEADERSHIP & ORGANIZATIONAL WELLNESS

A WORKPLACE PSYCHOLOGICAL SAFETY & RECOVERY COURSE

Understand. Recognize. Respond. Prevent.
A practical, evidence-informed course for supervisors, managers, and HR professionals.

LEARN TO RECOGNIZE & RESPOND TO:

- BULLYING & INTIMIDATION
- HARASSMENT & DISCRIMINATION
- GASLIGHTING & MANIPULATION
- GROOMING & BOUNDARY VIOLATIONS
- ORGANIZATIONAL BETRAYAL
- TOXIC CULTURE & CLIMATES
- PSYCHOLOGICAL SAFETY
- SUPPORTING RECOVERY & RESILIENCE

EQUIP YOUR LEADERS. PROTECT YOUR PEOPLE.
This course helps leaders recognize and address the hidden dynamics that harm people, culture, and performance.

DESIGNED FOR SUPERVISORS
MANAGERS • TEAM LEADS
HR PROFESSIONALS

GAIN PRACTICAL SKILLS TO:

- Recognize early warning signs of harmful behaviors
- Understand the impact of trauma and betrayal in the workplace
- Respond with confidence and clarity
- Apply trauma-attuned, people-centered leadership
- Strengthen communication, trust, and team culture
- Create safer, healthier, more resilient workplaces

SAFER PEOPLE. STRONGER TEAMS. HEALTHIER ORGANIZATIONS.

EVIDENCE-INFORMED
Grounded in current research and best practices.

PRACTICAL & RELATABLE
Real-world scenarios and tools you can use immediately.

CONFIDENTIAL & RESPECTFUL
A safe space to learn, share, and grow.

CERTIFICATE OF COMPLETION
Show your commitment to leadership and workplace wellness.

LEAD BETTER. PREVENT HARM. BUILD CULTURES THAT LAST.

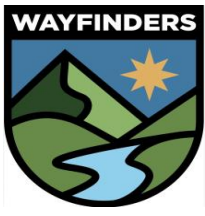
BRING THIS COURSE TO YOUR ORGANIZATION
CONTACT US TODAY
TO BOOK A COURSE OR LEARN MORE

WAYFINDERS
IN COLLABORATION WITH
WAYFINDERS WELLNESS SOCIETY (RETIRED POLICE)

ALBERTA RECOIL INC. IS A VETERAN OWNED, NATIONALLY CERTIFIED PEER SUPPORT ORGANIZATION.

Stronger Workplaces Start with Awareness.

In collaboration with Alberta Recoil Inc., this course is designed for supervisors, managers, team leaders and HR professionals. It focuses on psychological safety, harmful workplace dynamics, bullying and intimidation, harassment and discrimination, organizational betrayal, toxic culture, boundaries, recovery and resilience. The practical goal is to help leaders recognize warning signs, respond with clarity, strengthen communication and trust, and build healthier workplace cultures.



A Growing Community of Support

Programs are expanding while Wayfinders stay grounded in connection, accessibility, and community.

PROGRAMS • PARTNERSHIPS • WHAT'S NEXT



More Ways to Connect

Programming continues to include Equine Wellness, yoga and meditation, art, breathwork, Indigenous ceremony and teachings, financial planning, fitness, community gardening and other opportunities that support recovery and belonging.

Family Support is Growing.

Dedicated Family & Spousal Peer Support is an important expansion of the Wayfinders model. The goal is to ensure spouses and families have their own supportive community, while remaining connected to the broader recovery journey.

LOOKING AHEAD

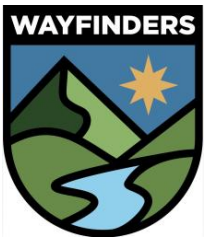
- Continued Expansion of Equine Wellness Program
- Growth of Spousal & Family Support Workshops
- Take Programming on the Road
- Strengthen Professional Education
- Continue Psychological-Injury Advocacy
- Build Sustainable Community and Corporate Partnerships

GET INVOLVED

As WWS continues to grow, so does the work required behind the scenes to keep our programs running and accessible. We are currently seeking volunteers to assist with operations administrative needs, as well as individuals interested in serving on our Board of Directors.

For a nonprofit like WWS, this support is incredibly important. Every person who contributes their time and skills, whether through a volunteer position, Board service, community partnership, sponsorship or donation, helps strengthen our capacity to operate, expand, and reach more First Responders, Military Personnel, Veterans, and their families.

If you have administrative, organizational, governance or other skills you would like to contribute, we would love to hear from you. Email info@wayfinderswellness.ca for more information.



WAYFINDERS WELLNESS SOCIETY



MEETING WITH THE MINISTER OF VETERANS AFFAIRS

From left: Veteran John Senior, Minister Jill McKnight, Veteran Heather Vanderveer, and Paul Wagman.

WE GET THROUGH IT TOGETHER.

First responders • Military • Veterans • Families

Peer support • Family & spousal support • Equine Wellness • Wellness Workshops
PTSD injury navigation • Education • Advocacy

CONNECT • PARTICIPATE • VOLUNTEER • PARTNER • SUPPORT

www.wayfinderswellness.ca

info@wayfinderswellness.ca • (403) 894-5522

Cochrane, Alberta