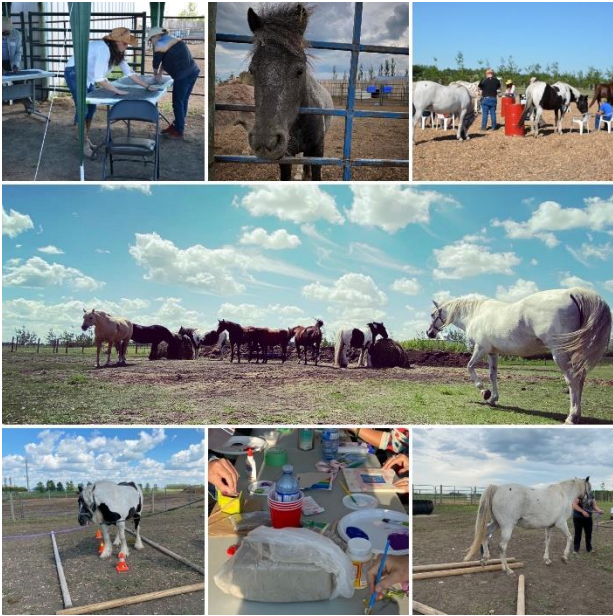


# Why Horses?

Horses are mirrors to our feelings and energy.

A horses' electrical field is larger and stronger than ours and their heartbeat is much slower as well. It has a calming effect on us.

Horses teach us how to communicate clearly with intent.



## Contact us:

### Julius Brown

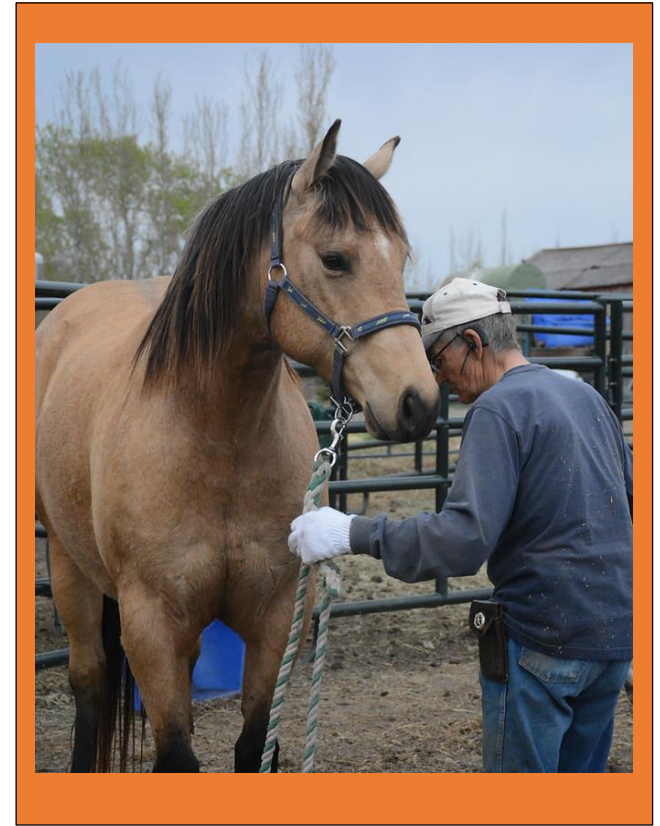
OSI-CAN Provincial Director  
CMHA SK, 2702-12th Avenue, Regina, SK  
S4T 1J2  
Cell 306-552-3801  
Toll Free 1-888-495-6068  
or email Healing with Horses Reset (HHR)  
[osicanhhr@cmhask.com](mailto:osicanhhr@cmhask.com)  
<https://www.osicansk.ca/healing-with-horses-reset>

### About OSI-CAN

Our mission is to inspire hope and contribute to the continuous well-being and recovery process of Veterans and Front Line Protectors across Canada, while creating greater public awareness.

OSI-CAN seeks to empower and encourage people to strive for recovery through peer and professional support.

OSI-CAN does not see PTSD or Post-Traumatic Stress Disorder as a Disorder rather as an Injury which can be treated and does not have to impede life. If there are symptoms of suffering from an Occupational or Operational Stress Injury a formal diagnosis is not required to have assistance and support.



A supportive place to find the calm within the storm

# Healing With Horses Reset

Aug 19-20, 2023

"The experiences this weekend have given me hope and a sense of being able to have a future. Its been a long time since I have felt either of these things."

Participant testimony



Canadian Mental Health Association  
Saskatchewan  
Mental health for all



# Commonly asked questions

No previous horse experience is required, the horses are not ridden. Please dress appropriately for weather and wear sturdy footwear.

### Who should attend >>>

**Armed Forces/RCMP:** Currently serving and former members from Canada and other Countries.

**Public Service:** Municipal Police services, Fire Service Agencies, Dispatchers, Paramedics, Conservation Officers, Animal Control.

**Medical and Counselling Professionals:** Doctors, Nurses, ER Staff, Medics, Counsellors, Therapists, Psychologists, Social Workers.

**Community Supports:** Child Protection Workers, Victims Services Workers, Crown Prosecutors, Tow Truck Drivers, Scene Clean-up Staff.

**Supports:** Spouses, Partners, Adult Family Members, Close Friends.

For a more complete listing of who should attend please visit our website at [Healing With Horses Reset | OSI-CAN \(osicansk.ca\)](http://Healing With Horses Reset | OSI-CAN (osicansk.ca))

### Why should you attend >>>

- If you find yourself
  - \*quick to anger,
  - \*lacking patience,
  - \*unable to shut off,
  - \*vigilant even off the job,
  - \*feel disconnected with those around you,
  - \*feel no one understands,
- \*are a support and don't understand how to help
- \*feel at a loss,
- \*want to feel peaceful
- \*want a sense of calm
- \*need to release tension

"I slept amazing last night and I think the iRest even helped my asthma"

" My shoulders have been up at my ears for years. I have tried everything. This event released them on the first day"

**OSI-CAN stands for operational Stress Injury Canada. It also stands for "Oh Yes I Can" find healing.**

"The art therapy piece was incredible. It really went deep. I am amazed at how much I released without even having to talk."

"It feels so calming to be with the horses"

### Costs >>>

For the 1.5 day event the administration fee is \$75. Lunch and snacks are provided.

If an organization wishes an HHR event, just for its staff this can be done at a reasonable rate. Ask our coordinator Julius.

If you need help with lodgings please reach out. We have some wonderful sponsors who assist in making this program accessible at low cost.

**"HEALING OUR HEARTS IS SOMETHING HORSES DO EFFORTLESSLY" KATHLEEN PRASAD.**



You give so much to the community and to other people. This event provides a safe space to give something back to yourself.

## What else is at the event?

This event combines many different nature and body based modalities to give an optimal healing experience. Each of these processes are tried and tested to assist with trauma, brain injury and calming the system. They also assist with relaxation and sleep recovery, as well as enhancing the immune system.

There is no mandate to share or talk. Even if one just quietly takes it in many find they walk away more relaxed, feeling a sense of peace they have not felt in a long time and more hopeful about the future.

Art therapy / Bilateral work:

iRest and Meditation practices

Peer support groups for members and their supports

Nature therapy

Counsellors and peer supports are available and on hand.

Mindful movement and Labyrinth

For further information and links go to our website



### We are with you every step of the way >>>

OSI-CAN is with you even after the event, we can provide peer support groups, equine assisted therapy, links to supports and therapy services, support for family and friends of OSI and assistance in Service Dog Acquisition.

