

# VIRTUAL TOWN HALL

## Coping with the Stress of COVID-19 for Public Safety Personnel

**April 28, 2020**

10:00 AM PST, 11:00 AM CST, 13:00 EST, 14:00 AST, 14:30 NST

### **Jeff Sych, Registered Psychologist**

CEO of the International Critical Incident Stress Foundation- Canada Inc.  
Clinical Director of the Alberta Critical Incident Provincial Network

Description: Stress is a part of every day life. Stress for public safety personnel is unique due to the operational and organizational demands of their job. Stress and the possibility of psychological injury increases during a large scale event, such as a pandemic. For many public safety personnel, the unprecedented restrictions have disrupted their normal coping strategies.

This presentation will address the unique aspects of stress that public safety personnel face during Covid-19 as well as provide pragmatic ways of increasing one's resistance and resiliency to the effects of this stress.

Registration is limited to 250 participants.

If you cannot attend, the webinar recording will be available on CIPSRT's website the day after the session.

**REGISTER HERE!**