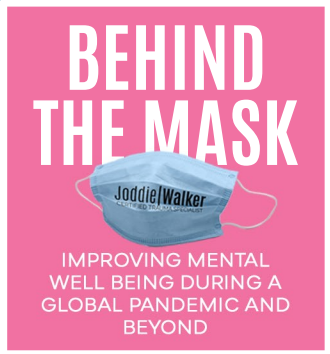


A presentation focused on

# IMPROVING THE MENTAL HEALTH AND WELL BEING OF ALL THOSE AFFECTED BY THE PANDEMIC



## OUR WORLD HAS CHANGED DRAMATICALLY ...

The pandemic has brought unprecedented levels of chronic stress, along with feelings of grief and fear for many individuals. No one is immune! You may feel fear for your own health and that of your family, worry about the economy, re-entry into the workforce after working from home and worry about what the future holds. Yet - from adversity comes resilience. These challenges can actually strengthen our will, our confidence, and our ability to conquer this "new normal."

### DO YOU FEEL ...

- Isolated?
- Powerless?
- Disconnected from others?

### ARE YOU STRUGGLING WITH ...

- Your mental health?
- Fear & Anxiety?
- Stress?
- Burnout?
- Depression?
- Loss & Grief?

### YOU WILL LEARN ...

- Stress vs Burnout.
- Nervous vs Anxiety.
- Sadness vs Depression.
- Grief vs Mourning.
- Trauma-Informed Resilience Factors for Whole Health Wellness.
- Skills-based and Adversity-based resilience.
- How to create an ongoing wellness plan.

### BEHIND THE MASK CAN HELP ...

We offer two comprehensive resilience building strategy sessions to choose from

#### 3 Hour Workshop:

You will be an active participant in our skill-building presentation and receive the accompanying workbook complete with individual screening assessments and exercises to build resiliency.

#### 6 Hour Workshop:

Includes all of the above plus a "Group Debriefing" - a protocol-based intervention that allows for the mutual sharing of experiences and emotions, identifying stress reactions and symptoms and which fosters an overall connection with others sharing similar experiences.



Joddie Walker, MSc, RP, CTRS-Clinical, CTTS, Certified Trauma Specialist.

### YOUR FACILITATOR IS:

**Joddie Walker**  
CERTIFIED TRAUMA SPECIALIST

Joddie Walker holds a Masters of Science in Forensic Psychology, CTRS-Clinical and is a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario, and a Certified Trauma Specialist from the National Institute of Trauma and Loss in Children.

She holds Diplomate status with the American Academy of Traumatic Stress and is a National (USA) Credentialed Advanced Advocate. Joddie has over 30 years of experience that includes treatment of first responders, children/youth, and civilians who have a diagnosis of post-traumatic stress disorder, anxiety, depression, or other mental health issues. She also responded to the New York City terror attack, 9/11. In addition to Joddie's clinical practice, she has facilitated the development of programs and trainings throughout the USA and Canada on topics such as line of duty death, victimology issues, secondary traumatic stress and how to support the non-offending parent in child abuse investigations. Joddie has conducted interventions for hundreds of Front line workers during the COVID-19 pandemic