

May 3, 2022

## Supporting First Responder Mental Health in Rural Alberta

*The Alberta Municipal Health and Safety Association is hosting free sessions for rural first responders*

The Alberta Municipal Health and Safety Association (AMHSA) is hosting a free [program](#) to support Alberta's rural first responders. This program is designed for both professional and volunteer first responders to address post-traumatic stress injuries and is open only to those who work in fire stations registered in rural and remote municipalities in Alberta.

The sessions provide seven hours of training over two days through virtual sessions. The current available dates are:

- ♦ July 12, 1:00 - 4:00 pm and July 13, 8:00 am - 12:00 pm
- ♦ August 16, 9:00 am - 12:00 pm and August 17, 8:00 am - 12:00 pm
- ♦ September 8, 1:00 - 4:00 pm and September 9, 8:00 am - 12:00 pm
- ♦ September 13, 1:00 - 4:00 pm and September 14, 8:00 am - 12:00 pm
- ♦ September 21, 1:00 - 4:00 pm and September 22, 8:00 am - 12:00 pm
- ♦ September 27, 1:00 - 4:00 pm and September 28, 8:00 am - 12:00 pm

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