

Mood Disorders Society of Canada
Société pour les troubles de l'humeur du Canada

An Innovative Program for Veterans that Addresses PTSD

Project Trauma Support is a proud project of Mood Disorders Society of Canada and is a community-based, 6-day residential program that employs a sanctuary model to create a safe and restorative environment in which veterans find healing from PTSD and Moral Injury.

The goals of the program are to: (1) **provide timely access to effective help for those suffering from service-related trauma**, (2) **minimize distress**, and (3) **support recovery to maintain active and healthy lives and relationships**.



Project Trauma Support is spreading and has grown to include **peer support groups** in **Belleville, Kingston, Meaford, Guelph, Ottawa, London, Halifax and Fort McMurray**, with more planned.

These meetings are **led by graduates** of the program and **open to any veterans** with the desire to heal from the effects of trauma.

Visit: www.projecttraumasupport.com for more information

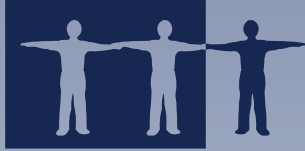
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Through soul-searching and experiential modules, **participants are given the opportunity to explore their stories with a new lens.** In doing so, they are able to shift their perceptions, allowing them to move forwards in their lives in peace. Throughout the program, participants forge new friendships and deep bonds with peers that will last into the future. Having achieved new attitudes and perspectives, **they will be motivated to continue in their healing by “paying it forward”, helping others still suffering, and giving hope to others.**

“I came away feeling that something had fundamentally changed in me and the way I would deal with my PTS. Not only have I noticed a difference in the way I now live my life, others around me have noticed as well. I only wish I could have had this 14 years ago.”

- **RCMP OFFICER**

“We come to this program not knowing what to expect. We are asked to ‘lean in and remain curious’. I found answers by embracing the mystery.”

- **MCPL (RET'D) RCME**

“Ever since the cohort I have felt true joy inside me for the first time in 8 years; the world appears brighter to me now. I was able to release and let go of something when I was there, it was a catalyst to the positive change in living my life forward!”

- **MILITARY POLICE OFFICER**

“The light has returned to my husband’s eyes. I don’t fear his suicide now and after so many years of it always being close in my mind, that has been such a relief!”

- **WIFE OF POLICE OFFICER**

This project aligns with the Veteran and Family Well-Being Fund's programs objectives and priorities in several ways, including; addressing mental health concerns, enhancing well-being, supporting families, conducting research/gathering evidence, and providing sustainable interventions that have the potential for expansion.

Contact:

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Project Trauma Support retreats and conferences are held at Tay River Reflections Medical Spa, a 260 acre farm property along the banks of the Tay River in Perth. The serene location provides a therapeutic environment and backdrop to the healing journey.

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