



# Enhancing Connections

## 1. The 'Applied' Peer Support Workshop



When it comes to making our way through a mentally stressful challenge, and maintaining psychological health and safety, MDSCs Peer and Trauma Support Systems team (PATSS) has proven across Canada that advanced trauma management processes and peer support systems are paramount to Veterans and Family Members wellness.

The co-leads of MDSCs PATSS team have over 70+ years experience in the area of peer support. They have created a new workshop called Applied Peer Support. This one-day course is a practicum based on true-to-life examples of peer support offering the participant an opportunity to gain experience and confidence.

## 2. The "First Step" Mental Health Program

Michael Landsberg is a well-known Canadian media personality, and dedicated Mental Health Advocate who is the founder of the Mental Health Foundation Sick Not Weak, Empath Inc. and host of 'First Step'.

The 'First Step' program uses a real approach, by real people, taking on the real issues of mental illness and how to take the first step to recovery. Addressing stigma by bringing real people and well-known personalities together to have an engaging conversation about life. Provided through a series of self learning modules and "Big Shows", this program is extremely pertinent to the Veteran community.

Register today for 'First Step' program, you will enjoy this program and you will know you are not alone.

**Connect:**

[ImprovingVeteransWellness.ca](http://ImprovingVeteransWellness.ca)

[Info@ImprovingVeteransWellness.ca](mailto:Info@ImprovingVeteransWellness.ca)



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## 3. Veteran and Family Volunteer HUB



The Veteran and Family Volunteer HUB promotes the significant mental health benefits of volunteering. Veterans and Family Members look to find volunteer opportunities that provide a sense of purpose, belonging and well being. Giving back to the community is impactful.

The Veteran and Family Member Volunteer HUB provides an avenue for Veterans and Family Members to continue serving their communities. MDSC will provide the training, support, encouragement, and connections for Veterans and Family Members to be involved.

Working through MDSC, we will identify and partner with like-minded organizations that are seeking Veteran Volunteers.

## 4. Companionship Connection Line

The Companionship Connection Line builds on the success of MDSCs evidence-based companionship call program where over 600+ companionship calls were made showing improvements to the sense of well-being of Veterans and Family Member who participated. The Companionship Connection Line expands the reach of the program and will be led by Veterans and Family Members.

Our Companionship Callers are volunteer Veterans and Veteran Family Members. They are caring, empathetic and have been extensively trained in the areas of peer support and mental health and all have a lived experience. This program is meaningful to those who participate in it:

“I know I'm not the only other Veteran who has benefited from these calls. When you feel alone it makes things much harder to deal with and these weekly check ins always seemed to arrive when I most needed them, allowing me to face another week.”

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