Post Traumatic Stress Disorder

March 18th, 2024
2:00-3:30pm MST

Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.

Learning Outcomes:

- Identify the symptoms of PTSD
- What to do when experiencing symptoms
- What to do when experiencing suicidal ideation
- Information about resources available

Speakers:

Mo Shaukat - Master Public Administration Candidate, Bachelor of Science - Criminal Justice, Instructor, Justice Studies Bow Valley College, Army Reservist, Ex- Federal Correctional Officer, President - Boots On The Ground Peer Support for First Responders and Military Members - Alberta Division.

Target Audience:
Indigenous Population

Please register for session at:
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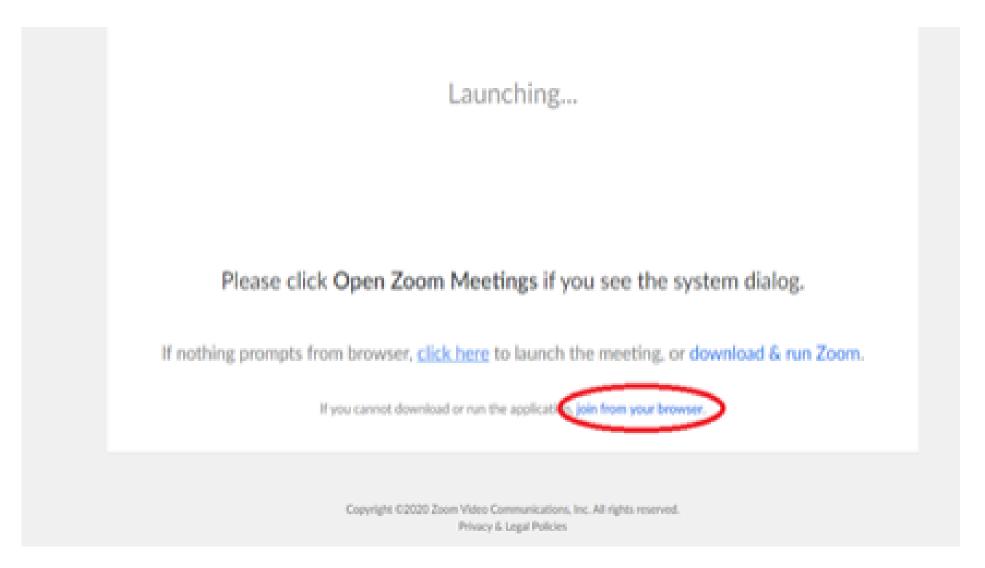
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