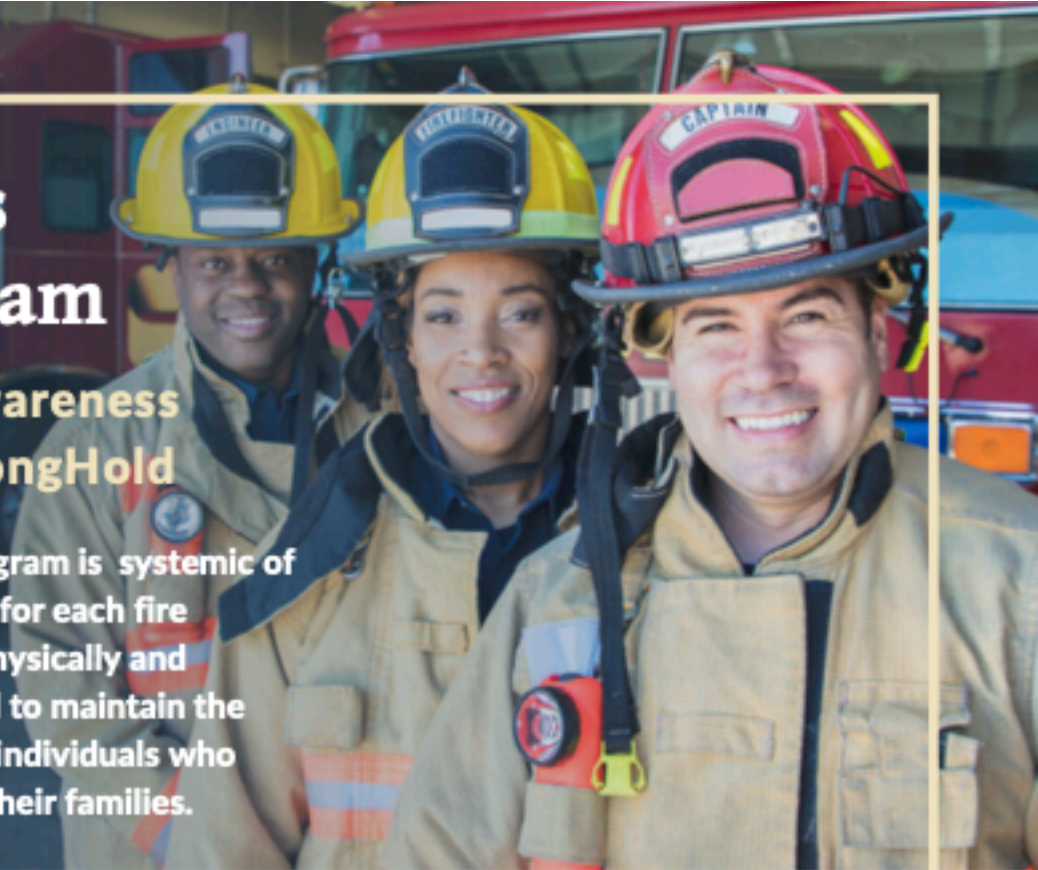


VK Wellness PATH Program

- Prevention • Awareness
- Treatment • strongHold

The customized PATH Program is systemic of supports designed specific for each fire department to support a physically and mentally resilient team and to maintain the health and wellness of the individuals who serve our community and their families.



This customized program can include a multi-level support system to ensure consistency and continuity:

- Bi-annual individual Occupational Stress Resiliency (OSR) check-ins to prevent occupational stress injury (OSI)
- Clinical Case Management
- Annual Group Wellness Survey
- Leadership Training and Supports - cultivating OSR with OSI prevention planning
- Wellness In Leadership Program
- Yearly team wellness and resiliency training
- Program accountability and maintenance structure led by firefighters
- Peer support initiatives

Our professionals have Occupational Awareness Training for Therapists specific to firefighter culture through First Responder Health.



The VK
Wellness
Initiative

We also offer customized Employee and Family Assistance Programs (EFAP), including:

- Clinical Counselling
- Individual OSI Prevention Planning
- Family Wellness Planning
- Child and Family Services
- Family or Workplace Mediation
- Occupational Therapy
- Kinesiology and Athletic Therapy
- Nutritionist and Personal Trainer
- Stress Management Services
- Registered Massage Therapy
- Sleep Therapy
- Mindfulness and Meditation
- Yoga Therapy
- Clinical Herbal Therapy

For more information about the VK PATH program, contact:

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vkwelness.ca/firefighters