

EMS Stress & Your Family

A Workshop for EMS providers & their spouse



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EMS work can be a rewarding experience for EMS workers and their families but all too often its challenges interfere with personal and family life. This workshop will explore the challenges of EMS to couples and families and what can be done to build resilient relationships.

Topics include:

- ✓ Personality characteristics of EMS workers: Great for the public but challenging for personal relationships
- ✓ Ways EMS work challenges personal relationships
- ✓ EMS work and negativity
- ✓ Developing compassion and resilience (avoiding burnout, compassion fatigue, depression, PTSD)
- ✓ Shift work and the family
- ✓ Reading the signs of a bad day (nonverbal messages)
- ✓ Losing touch with those we love. Taking them for granted?
- ✓ Building resilient communication with significant others
- ✓ Social support comes in many forms
- ✓ Helping your children deal with the environment you work in

Saturday May 31, 2008
9am - 1pm

For information and registration, contact us at:
Clifton Park & Halfmoon Emergency Corps

15 Crossing Blvd.
Clifton Park, NY 12065
(518) 371-3880

CPHM-Training@nycap.rr.com

Registration Required (No cost!) - Space is limited!

Morning refreshments and afternoon BBQ provided following session

Complimentary gift for each couple attending

If childcare prevents attending, we can help! Please call us for details