



CRITICAL INCIDENT STRESS PREPARATION

UCN.CA/CIS



University College of the North

BUILD RESILIENCE. SUPPORT OTHERS. LEAD WITH CONFIDENCE.

COURSE OVERVIEW

Crises can strike unexpectedly, and knowing how to respond makes all the difference. This program equips you with practical skills for individual and group crisis intervention, as well as strategies to build your own resilience. Whether you take one course or the full three-part series, you'll leave with knowledge and tools you can use immediately in your professional and personal life.

FLEXIBLE LEARNING

Choose the learning path that works for you.

Take one course to strengthen specific skills Or complete all three courses for a well-rounded foundation in crisis response and resilience—at a reduced rate.

- Assisting Individuals in Crisis
- Group Crisis Intervention
- The Secrets of Psychological Body Armor™

THIS TRAINING IS FOR ANYONE

This training is designed for professionals and volunteers who may encounter critical incidents in their work or community. It is especially valuable for:

- Emergency responders, healthcare workers, educators, and community leaders
- Military, spiritual care providers, and employee assistance staff
- Anyone looking to strengthen their own resilience and crisis response skills

WHAT YOU NEED TO KNOW

- Date: November 3-7, 2025
- Time: 8:30 a.m. – 4:30 p.m.
- Cost: Please see our website for details
- Location: UCN Thompson Campus, 55 UCN Drive, Thompson, MB
- Deadline to apply: October 17, 2025
- Certification: Contact hours provided (13, 14, and 7 hours respectively)

APPLY NOW



For more information contact
Bonnie by phone/text
204-307-0210 or toll free 866-
677-6450 (ext. 0697) or email
nwdc@ucn.ca

**VISIT OUR WEBSITE
FOR MORE
INFORMATION AND
TO APPLY
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