



VIRTUAL TOWN HALL

Managing the Marathon: Dealing with the Stress of a Prolonged Emergency

October 15, 2020

**10:30 am PST, 11:30 am CST, 12:30 pm CD, 1:30 pm
EST, 2:30 pm MST, 3:00 pm NST**

Presenters:

Dr. R. Nicholas Carleton

Scientific Director of CIPSRT,
Professor of Psychology University of Regina

Jason Shaw

Assistant Chief of Emergency Preparedness,
Winnipeg Fire Paramedic Service

Panelists:

Matthew Pegg

Chief of Toronto Fire Services,
Lead for Toronto's COVID-19 response

Tom Sampson

Chief of the Calgary Emergency Management Agency

Canadian front line workers, including those in the emergency management field can be deployed or activated during prolonged emergencies like the response to the current pandemic. As we work our way through this emergency we need to explore ways to make sure front line workers are resilient and mentally able to handle the stresses and demands of the next phase of the pandemic. During this virtual town hall we will discuss ways to, recognize and prevent burnout, and take better care of ourselves and our teams.

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