



Each course can be customized to your department's needs, including refresher courses.

Group sizes are generally kept between 12-25 to maximize learning.

Contact us today for a custom quote/pricing for your group/organisation.

***"Your skills have grown and I've seen you blossom as a lecturer, leader, and a great event manager. Thanks for being a solid team player, energetic to the very end, and always positive!"***

- Chief Medical Officer Toronto 2015 Pan / Parapan Am Games

Contact us:  
**BALANCED LIVING**  
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Lead Instructor:  
**Brian Bennett**

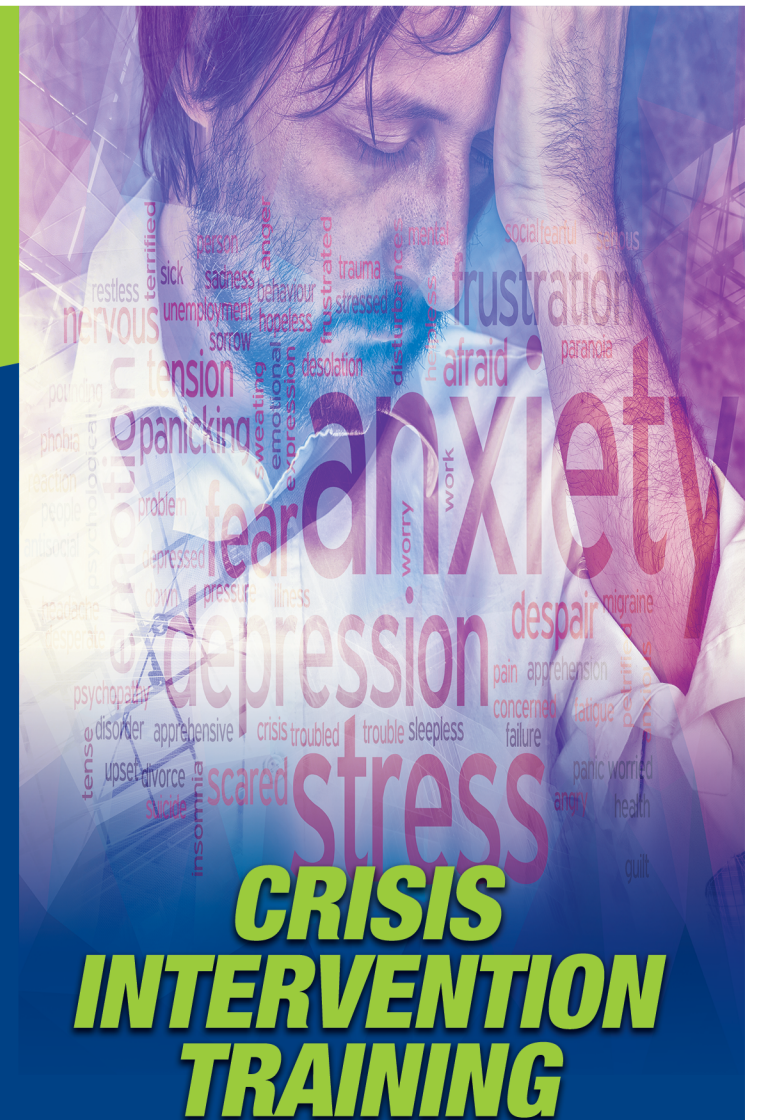
A registered Massage Therapist from Markham, and recent medical venue manager for the Toronto 2015 Pan Am Games. In this position he coordinated development of a mental health program for the first time in Pan/Para Pan Am Games history, managed 10 sport venues/satellite accommodation clinics, and assisted in the coordination of medical services for spectators across the Games.

**He has been:**

- A volunteer and paid ski patroller with the Canadian Ski Patrol for 26 years
- A member of their CISM team since 2006
- Trained in: firefighting becoming NFPA FF1 and FF2 certified
- A Group/Individual crisis intervention instructor with the "ICISF" since 2011
- Brian trains locally in Toronto, as well as across Canada
- Recent presenter at the 2015 ICISF World Congress on Stress, Trauma, and Coping in Baltimore, Maryland



CONNECTING THE CRISIS  
RESPONSE COMMUNITY  
ENGAGE | LEARN | SHARE



- *Group Crisis Intervention*
- *Assisting Individuals in Crisis*
- *R2MR Road to Mental Readiness*
- *Customized Refresher Courses*
- *General Information/Awareness Sessions*
- *Stress Management Classes*

**CONTACT US TODAY FOR MORE INFORMATION**

416.894.6015

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