



VETERANS TRANSITION PROGRAM

WOMEN'S – QUEBEC - FALL 2018

PURPOSE

The Veterans Transition Program is a series of group sessions in which Veterans help Veterans transition to civilian life with guidance from specially trained, trauma experienced clinicians.

The group work involves communications skills development, future goal planning and counselling. Life Review and Enactment exercises help participants process and move beyond trauma injuries in a supportive, structured and safe environment.

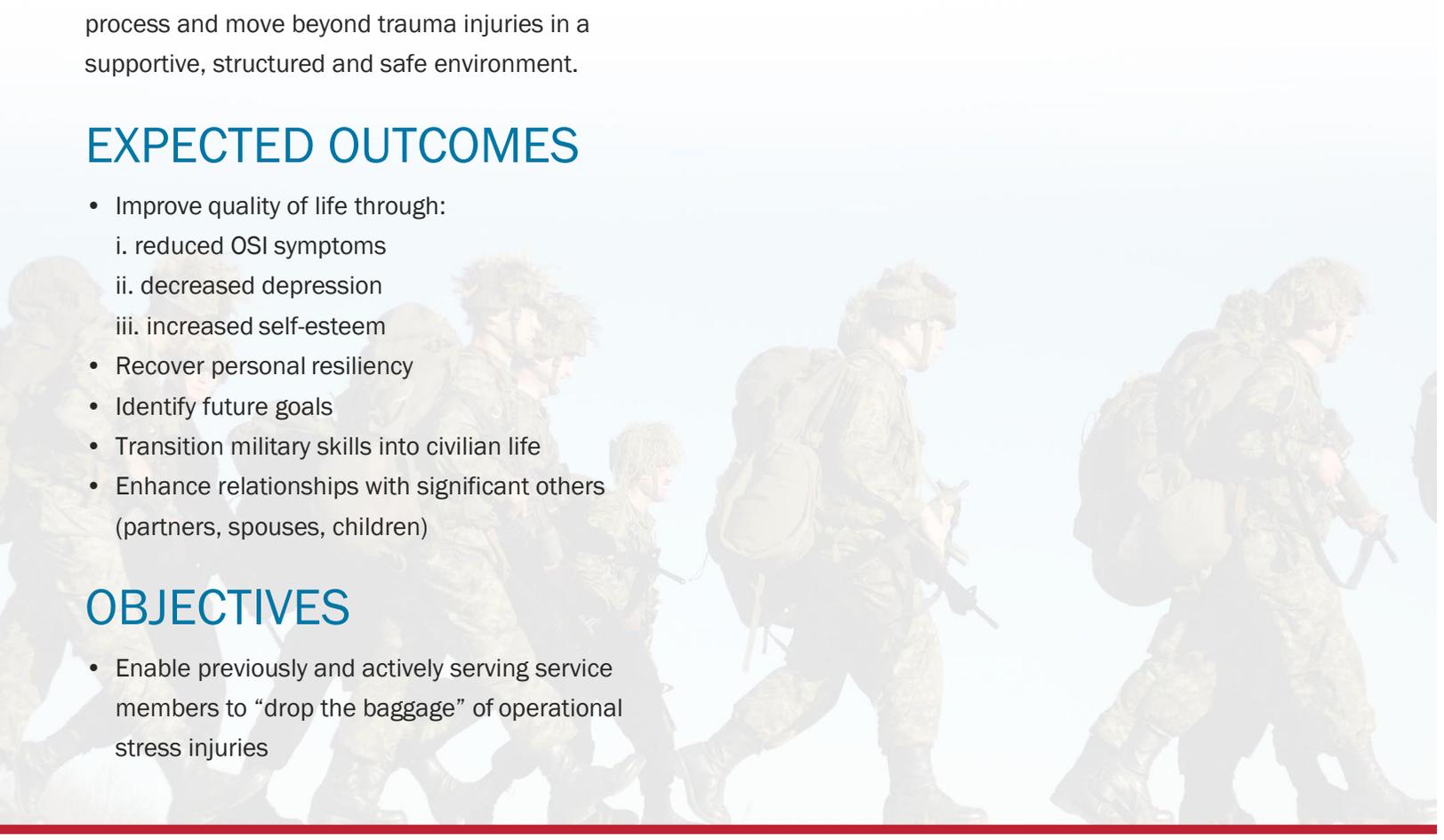
- Provide tools to be successful and productive in civilian life

EXPECTED OUTCOMES

- Improve quality of life through:
 - i. reduced OSI symptoms
 - ii. decreased depression
 - iii. increased self-esteem
- Recover personal resiliency
- Identify future goals
- Transition military skills into civilian life
- Enhance relationships with significant others (partners, spouses, children)

OBJECTIVES

- Enable previously and actively serving service members to “drop the baggage” of operational stress injuries



SCHEDULE

Phase I: Oct 23 to 26 (Tue 9:00 AM – Frid 4:30 PM)

Phase II: Nov 7 to 10 (Wed 9:00 AM – Sat 4:30 PM)

Phase III: Nov 23 to 24 (Frid 9:00 AM – Sat 4:30 PM)

Participants must arrive no later than 9 am of the first day of each phase. Please contact Marion Turmine (details below) for early/out-of-town arrival.

Sessions proceed until 8:00pm every day except for the final day of each phase, which ends at roughly 4:30pm.

REGISTRATION

- Participants must commit to attend all 10 days of the program
- Participants must undergo an informal intake interview to ensure suitability for the program

The Veterans Transition Network is an approved service provider for Veterans Affairs Canada. VAC Case Managers may contact the VTN for more information.

VAC Health Identification Cards Accepted

To register, please contact:

**Marion Turmine, operation
coordinator Québec**

Veterans Transition

Network P: 514 513 0019

E: marion.turmine@vtncanada.org

PROGRAM LEADERS



As a clinical psychologist, **Claudine Barrette** has extensive experience with victims of trauma and has a particular interest in best practices with regards to crisis intervention. She works with children and adults, both individually and in groups. She has vast experience with members of the Canadian Armed Forces and their families. Her experience also includes 12 years as part of a crisis unit working with various stakeholders for emergency services such as police, paramedics and firefighters. A two-year stay in India, combined with other work experiences in sub-Saharan Africa have given her the ability to work in difficult and complex situations and a strong understanding of the difficulties faced by those returning home from intense and sometimes traumatic environments.



Fabienne Gagnon has been a psychologist since 1984. She has been working in schools, private practice, and community center with individuals, families, couples and groups with various diagnosis and problems. She likes working with people who suffer from anxiety, depression, developmental trauma, PTSD, personality disorder and attachment issues. Through the years, she had followed a lot of trainings. Her interventions are based on several approaches: Acceptance and commitment therapy, play therapy, cognitive behavioral therapy, mindfulness, EMDR and clinical hypnosis. Fabienne began to work with VTN in 2016.

LOCATION & ACCOMODATION

The program will be held at a retreat center located roughly 20 minutes from Quebec City. Individual rooms are provided, along with a private meeting space.

We provide overnight accommodation and meals. Any travel costs incurred by participants are reimbursed by the VTN.

BROUGHT TO YOU BY:

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