

CANADA  
*Beyond*   
THE BLUE



WELCOME TO THE BTB FAMILY

# WELCOME



*Hi There!*

AS THE PROUD FAMILY MEMBERS OF THOSE WHO SERVE, YOU ARE THE HEROES BEHIND THE HEROES. WE'RE EXCITED TO WELCOME YOU INTO OUR SUPPORTIVE COMMUNITY, WHERE WE STAND TOGETHER TO UPLIFT AND STRENGTHEN ONE ANOTHER.

YOUR ROLE IN BACKING OUR POLICE MEMBERS IS INVALUABLE, AND WE'RE HERE TO ENSURE YOU HAVE THE RESOURCES, SUPPORT, AND CAMARADERIE NEEDED TO THRIVE.

TOGETHER, WE'LL CONTINUE BUILDING A RESILIENT NETWORK THAT HONOURS AND SUPPORTS THE INCREDIBLE WORK OF OUR POLICE FAMILIES.

*We've got your 6*

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# WHAT SETS US APART?

## POLICE CULTURE INFORMED PROGRAMMING

The programming offered through BTB is a vital initiative designed to address the unique mental health challenges law enforcement members and their families face. These programs provide a range of services aimed at promoting psychological well-being, including care navigation, peer support, stress management workshops, and access to mental health resources.

By prioritizing the mental health needs of police members and their families, these initiatives not only enhance the resilience and coping skills of individuals within law enforcement but also strengthen the overall family dynamics and community bonds.

Through proactive measures and compassionate support, these programs aim to mitigate the impact of occupational stressors, foster healthier work-life balance, and create a culture of mental wellness within the law enforcement community.



# WHAT SETS US APART?

## POLICE-CULTURE INFORMED PROGRAMMING

- ✓ PEER SUPPORT PROGRAM
- ✓ OSI FAMILY GUIDE WORKSHOP
- ✓ HOLD ME TIGHT COUPLES RETREAT
- ✓ NATIONAL FAMILY VIRTUAL CALL
- ✓ TRAUMA INFORMED LEADERSHIP PROGRAM
- ✓ NEW POLICE FAMILY WORKSHOP





# AWARENESS & ADVOCACY

**01 MAY MENTAL HEALTH**  
Celebrate Mental Health Awareness Month with our May Mental Health Epaulettes Campaign.

**02 SUICIDE PREVENTION**  
Suicide prevention is a priority at Beyond The Blue. We provide access the programs such as ASIST, SafeTALK and Mental Health First Aid.

**03 ONTARIO POLICE SUICIDE MEMORIAL**  
A historic memorial honouring and remembering Ontario police members who have died '**Because of the Line of Duty**'.

**04 CHAMPIONS OF CHANGE AWARDS GALA**  
The Champions of Change Gala is an exciting night dedicated to celebrating police mental health champions in Ontario.

# TOOLS & RESOURCES

**01 VETTED CLINICIANS**  
Interviewing mental health professionals can be intimidating. Canada BTB has done the heavy lifting.

**02 PEER SUPPORT**  
Peer support is a connection to like-minded people who share life experiences; you will receive support through BTB.

**03 WORKSHOPS AND RESOURCES**  
There has been given special care to the curriculum to meet the unique needs of police families.

**04 DIGITAL DOWNLOADS**  
We offer a variety of digital resources that are available for free download. Take what resonates, and know we've got your 6.



# MEMBERSHIP EXCLUSIVES



## SUBSIDIZED MENTAL HEALTH PROGRAMS

Beyond The Blue prides itself on providing informed programming about police culture that resonates with our membership.



## BTB COMMUNITY EVENTS

You receive exclusive access to police family social events and retreats created for us by us.



## ACCESS TO FREE WORKSHOPS

As a member, you can benefit from joining any of our national workshops offered.



## SENSE OF COMMUNITY AND BELONGING

No one understands #PoliceFamilyLife like other police families. With us, you're seen, understood and valued.



## ADVOCACY AND AWARENESS

Join us in bringing police family issues to the forefront of decision-makers. You will join a healthy legacy established through meaningful and impactful ways.

**JOIN**  
BTB



# WE'VE GOT YOUR SIX!

We're thrilled to have you join our community dedicated to strengthening and supporting police families across Canada. At Beyond The Blue, we believe in the power of strength through support, especially when it comes to mental health.

Together, we're committed to providing invaluable resources and programming designed to uplift and empower police families, ensuring they have the tools they need to navigate life's challenges with resilience and unity.

Join us in making a difference, fostering connections, and building a brighter future for our police families. We can create positive change and strengthen the bonds that tie us all together- The Thin Blue Line.

Welcome to the family!

## CONNECTING IS EASY

Office Hours: M - F 9:00am - 5:00pm EST

 Email	<a href="mailto:info@canadabeyondtheblue.com">info@canadabeyondtheblue.com</a>
 Phone	647-298-0636
 Website	<a href="http://www.canadabeyondtheblue.com">www.canadabeyondtheblue.com</a>