

We Can Get Better, Because We're Not Dead Yet

EMERGENCY SERVICES PERSONNEL

In light of recent and tragic events surrounding first responder suicides throughout Canada, one man has been inspired to tell his story of hope.

**You and your guest are invited to
an open and honest discussion about one family's
battle with *and* victory over PTSD**

Please join Saskatoon Fire Fighter Joel McNair and his wife Kristie
along with special guest Dr. Samantha Horswill, Ph.D., R.D. Psych.

as they recount their story
speak about how a return to health is possible and achievable
and take the time to answer your questions related to both

Date Monday, October 22 or Monday, October 29

Time: 19h00 (7:00 pm)

Location Army Navy & Air Force Veterans Unit #38 (basement meeting room)
359 1st Ave N, Saskatoon, SK

RSVP is NOT required, but it is appreciated!

Email youcangetbetter@outlook.com including which date you plan to attend



On April 9, 2015, career firefighter Joel McNair left work and wouldn't return for 10 months.
A year later, a relapse forced him off work for a second time.

Throughout the evening, Joel, and his wife Kristie, a Fire Dispatcher, recount the raw,
heart-wrenching emotions felt while living through the depths of a PTSD diagnosis.

Listen as their story weaves you through despair, frustration, and sadness, until a
fateful turn leads them to healing, health and happiness. Their story will leave you
angry, inspired and full of hope all at the same time.

You can get better, because you're not dead yet.