

When the Sirens Cease

... It's time for Service To Self.

GROUP THERAPY TREATMENT PROGRAM-VIRTUAL OFFERING

For the Retired or Soon To Be Retired First
Responder-Building Wellness Goals and
Creating a Social Network



Facilitated by:
Rania Naser,
RP, RN, BScN, MA

As a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario (CRPO) and a Registered Nurse with the College of Nurses of Ontario (CNO), I am dedicated to supporting individuals through their mental health and emotional healing journeys with compassion, professionalism, and care.

Learn More About Rania Naser

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Research shows that a majority of first responders find the transition to retirement much more difficult than they had ever anticipated. Many first responders typically struggle with loss of purpose, anxiety, depression, and suicidal thoughts. Retirement can lead to a profound sense of isolation and loneliness.

You've given your time, sacrificed holidays with family, worked until exhausted and endured exposure to other people's hardships and trauma. This can take a toll and affect your wellbeing.

Yet, what happens when it's all over?

Our shared sense of community is gone and we are left with the parade of faces in our minds. What happens when your retirement date comes when you've been off under WSIB?

The vision of your last shift is taken from you.

Main Areas to Be Explored Over the 12 Weeks:

- Stages of Retirement-Including the unplanned leave under WSIB
- Personal Insights and Identify-Who Am I now
- How to Shut Off Your Brain -Common OSI symptoms, (anxiety, depression, Trauma) and the Parade of Past Faces
- Couples or Alone-Too much or too little
- Health and Wellness-Nutrition, Movement, Sleep and Common Physical health diseases
- Life's Balance-Hobbies, friendships and finding Joy
- Next Chapter-Creating Your Wellness Plan
- Ways to create connections

Individualized treatment programs.

Optional Referral to our Individual Treatment Therapists.



CALL - 289.383.0355

OR Email Us At:

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Or visit us at:HummingbirdTherapyClinic.com

Our offices are located at:

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[REGISTER NOW](#)

Learn more about how we can help you develop the tools to reduce your stressors and elevate resilience for your retirement years. You've earned the rest.