



RIVER VALLEY

RESILIENCE RETREAT



OUR STORY

RIVER VALLEY RESILIENCE RETREAT (RVRR) is a registered charitable organization founded in 2019. RVRR started by providing peer support meetings (out of necessity) which evolved into seasonal retreats (day & weekend), and regular weekly peer-support meetings.

What first started off as a tented, seasonal encampment on donated land along the North Saskatchewan River has now matured into a permanent year-round, safe, serene and secluded space on the banks of the South Saskatchewan River (a 90-minute drive from Saskatoon).

We provide a homelike environment for our peers where they are able to recharge, rest, and relax surrounded by the healing elements of nature.

The cumulative stress of the environment our peers work in, and the trauma they are exposed to on a daily basis often result in operational stress injuries, and the resources required when something goes wrong are often hard to find.

WE ARE CHANGING THAT!

With access to professional peer support, we provide our peers the opportunity to acquire the necessary skills and tools to overcome the stresses that bring them to us, and create opportunities for their healing and post-traumatic growth.

OUR PEERS

Our peers include all First Responders, Public Safety Personnel, Frontline and Health Care Workers, Veterans, and their families.

Public Safety Personnel (PSP) is defined as "any individuals with specialized training who respond to the needs of others, usually in stressful situations", and includes firefighters, customs and border services, paramedics, corrections, 911 emergency communications, police, operational intelligence, and search and rescue teams.

Veterans include individuals actively serving or anyone who has honourably served in the Canadian Armed Forces.

Private Sector First Responders including tow truck drivers, disaster clean-up crews, private security personnel, pilots and journalists are included in our programming.

All participants are screened prior to being included in any of our peer support sessions or retreats to ensure the safety of all participants, our volunteers and service providers.



**FACE
EVERYTHING
AND
RISE**



SCAN TO DONATE!

RIVER VALLEY RESILIENCE RETREAT INCORPORATED
REGISTERED CHARITY 735241507 RR 0001



GAP
RIVER VALLEY RESILIENCE RETREAT
CONFIDENTIAL PEER SUPPORT
FOR PUBLIC SAFETY PERSONNEL
FIRST RESPONDERS & VETERANS

WIN
WHAT'S IMPORTANT NOW
PEER SUPPORT MEETINGS FOR
PUBLIC SAFETY PERSONNEL & VETERANS

RECUPERATE RECONNECT RECONCILE RECHARGE

OUR OFFERING

All of our programs are centered around *trauma-informed care* and support for our peers. Our client-focused approach allows us the opportunity to customize any of our programming based on the needs of the individual and/or organization.

SOLUTIONS FOR ORGANIZATIONS

Peer Support Training (4 days)
Building Resilience in the Workplace (1 day)
Workplace Wellness Program Development
Mass Trauma Response
Post-Traumatic Incident Support
Day Camps & Weekend Retreats
Team Building Experiences

SOLUTIONS FOR INDIVIDUALS

Individual Peer Support (1-on-1)
Regular Peer Support Meetings
W|I|N (What's Important Now)
F*E*A*R (Face Everything And Rise)
Post-Traumatic Incident Support
Day Camps & Weekend Retreats
Evidence-based Programming including
Indigenous Land-Based Activities and
Equine Assisted Learning (EAL).

SOLUTIONS FOR VETERANS

VETERANS⁺ is our exclusive partnership with **Avail Medical** providing assistance in the completion of insurance documentation for ambulation aids and referrals to chronic pain specialists, audiologists & podiatrists.

RETREAT to not surrender

As of December 31st, 2024, RVRR has logged a total of 9,558 interactions through our regular Peer Support Meetings, Day Camps & Retreats, Referrals, and Individual Calls.

Public Safety Personnel (PSP)
6,362 interactions
Canadian Armed Forces Veterans
1,865 interactions

Private Sector Responders and Civilians
978 interactions
Other Public Sectors & Crown Corporations
353 interactions

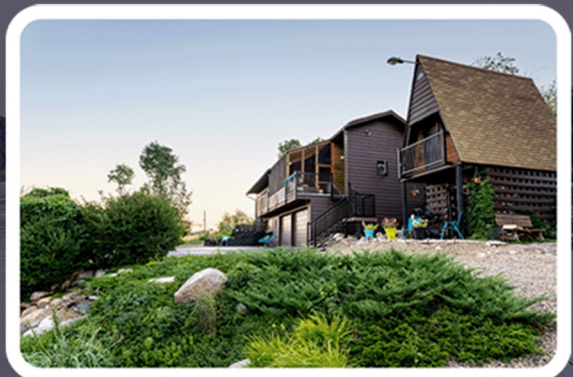
OUR RETREAT

Our **RIVER VALLEY RESILIENCE RETREAT** is nestled in the boreal forest along the banks of the South Saskatchewan River. It serves as our base of operations and provides the space needed for our peers to attend our day camps and weekend retreats.

Our main house currently provides space for meetings, our communal kitchen and dining room, washrooms and laundry.

Our main house, five cabins and ATCO trailer provide accommodation for 18 guests. Any additional guests can be accommodated in tents (provided) throughout the retreat.

A variety of all-season trails criss-cross our 25 acre piece of paradise. There is an abundance of pristine wilderness including the river to be explored on a guided canoe trip.



REGROUP RECOVER RESTORE RETREAT REVIVE REST

BRIDGING THE GAP

We are here to support you from the onset of any OSI by bridging the treatment gaps in your recovery journey.

Our goal is empowering you to develop a personalized action plan, equipping you with **resilience** tools through online, telephone, in-person, and group meetings.

We're here to assist you every step of the way- through individual one-on-one sessions or participation in one of our regular peer support meetings, and engaging you in the evidence-based programming activities included in our day camps and weekend **retreats**.

We will meet with you where you are, or you can join us and stay in one of the cottages at our safe, secluded and serene space on the South Saskatchewan River.

We are dedicated to empowering you to achieve post-traumatic growth and return to work.

CONTACT US DIRECTLY or REQUEST A REFERRAL
THROUGH YOUR EAP, CISM or FAMILY PHYSICIAN



CONFIDENTIAL PEER SUPPORT
FOR PUBLIC SAFETY PERSONNEL

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f i n @RIVERVALLEYRESILIENCE

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