

REMEMBER: FOCUS ON COURSES THAT SUPPORT YOU AS A FUTURE PROBATIONARY FF AND MEET MINIMUM AND PREFERRED QUALIFICATIONS IN JOB POSTINGS

Mental Health Courses

- First Responder Wellness – Access Rescue Canada
- Mental Health First Aid Canadian Mental Health Association
- Psychological First Aid Canadian Red Cross
- The Working Mind First Responders (formerly R2MR – Road to Mental Readiness)
- ASIST Training – Applied Suicide Intervention Skills Training
- Resilient Minds – www.resilientmindsinds.cmha.ca
- Canadian Mental Health Association (CMHA) – SafeTALK
- Courses through Police Knowledge Network – www.cpkn.ca
 - o Mental Health Self-Awareness for First Responders
 - o Suicide Awareness and Prevention
 - o Critical Incident Stress Management

Health and Safety

- Ontario Ministry of Labour – <https://www.ontario.ca/page/health-and-safety-training>
 - o Worker Health and Safety in 4 Steps
 - o Supervisor Health and Safety Awareness in 5 Steps
- Infrastructure Health and Safety Association – <https://www.ihsa.ca/Training/Course-List>
- Harassment, Discrimination and Workplace Violence Prevention Training – www.canadasafetycouncil.org
- Workplace Hazardous Materials Information System – WHMIS 2015

Diversity

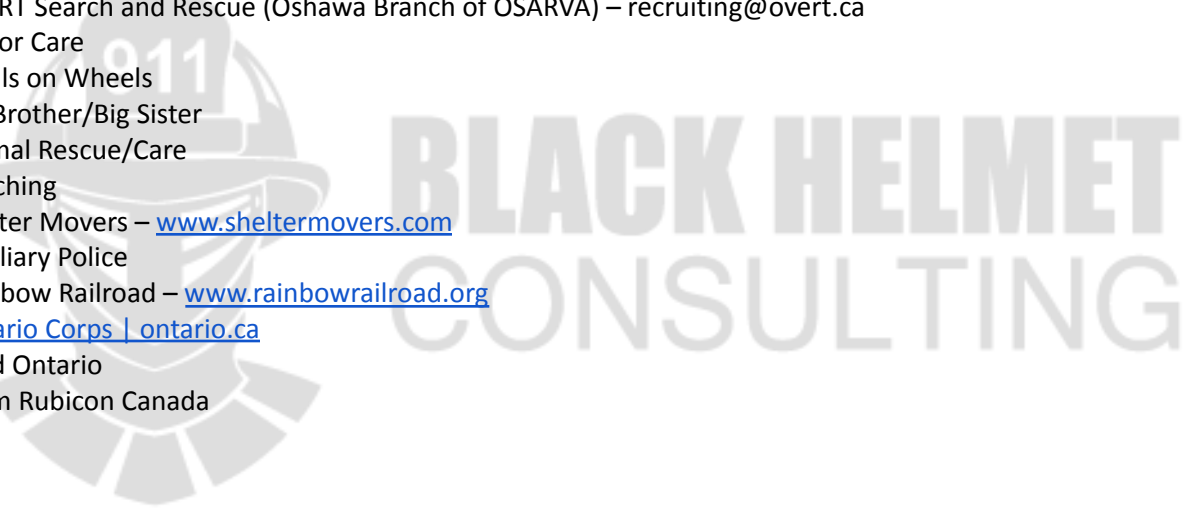
- American Sign Language for First Responders – Community College
- Communicating with the Deaf in Emergency Situations – Community College
- EM131 Accessible Customer Service for Emergency Responders – www.emergencymanagementontario.ca
- Accessibility for Ontarians with Disabilities Act E-Learning
- Accessibility Standards Training
- Courses through Police Knowledge Network – www.cpkn.ca
 - o 2SLGBTQ+ Issues
 - o Items of Religious Significance
 - o Cultural Awareness and Humility
 - o Indigenous Awareness
 - o Anti-Racism for Workplace
 - o Eliminating Workplace Sexual Harassment
- The Canadian Diversity Initiative – www.candiversity.com
- Indigenous Canada – University of Alberta – www.ualberta.ca

Fitness and Wellness Training

- 211 Performance Therapy ... Anthony DeBendictis
 - o www.211pt.com
 - o Instagram: @211pt
- Price Training ... Tyler Price
 - o www.pricetraining.ca
 - o Instagram: @pricetraining

Volunteer Experience

- St. John Ambulance Ontario Recruitment
 - o Eyglo Thrastardottir 647-830 8152
- Environmental Cleanup Organizations
- Habitat for Humanity
- GlobalMedic/GlobalFire
- Canadian Red Cross ...Personal Disaster Assistance Volunteer (PDA) or Emergency Response Technician Volunteer (ERT)
- Ski Patrol/Coast Guard
- Victim Services/ Crisis Intervention/ Crisis Hotline/ Kids Help Phone or Kids Text Line
- At-Risk Youth Counselling Services/ Support Programs – www.stepstonesforyouth.com
- Non-Profit/Charitable Organizations
- Support 7 – Volunteer Services
 - o inquires: gtmaa1975@gmail.com – Toronto Fire Services
- Box 43 Rehab Service – Hamilton Fire Department
- OSARVA Ontario Search and Rescue Volunteer Association - <https://osarva.ca/find-a-team/>
- OVERT Search and Rescue (Oshawa Branch of OSARVA) – recruiting@overt.ca
- Senior Care
- Meals on Wheels
- Big Brother/Big Sister
- Animal Rescue/Care
- Coaching
- Shelter Movers – www.sheltermovers.com
- Auxiliary Police
- Rainbow Railroad – www.rainbowrailroad.org
- [Ontario Corps | ontario.ca](http://OntarioCorps|ontario.ca)
- Feed Ontario
- Team Rubicon Canada



FIND SOMEWHERE TO VOLUNTEER... ANYWHERE! FOLLOW YOUR INTERESTS

Beneficial Employment Options

- Part Time/ Volunteer Firefighter
- Wildland Firefighter – Ministry of Natural Resources
- Oilfield/Industrial Firefighter (e.g. Toyota Motor Manufacturing Canada)
- Nuclear Power Facility Worker
- Firefighter Work Experience Programs (WEPs)
- Paramedic (Full Time/Part Time)
- Nursing (Full Time/Part Time)
- Patient Transfer Attendant
- Canadian Armed Forces (Regular Force or Reserve Force) – www.forces.ca
- Emergency Response Hazmat Operator
- Technical Rope Rescue Operator
- Fire Alarm/Sprinkler Technician
- Certified Trade
- Construction Industry
- Garbage/Recycling Operator
- Environmental Cleanup
- Youth Worker
- Correctional Officer
- Security Guard
- Armoured Truck Driver
- Canada Border Services Agency (CBSA)
- Lifeguard
- Body Removal Services
- Special Constable
- Auxiliary Police
- Arborist



BLACK HELMET
CONSULTING

consider applying to the municipality for another position ... Works Dept. ... Parks and Recreation ...

establish yourself as an employee ... secure an employee number ... apply to FD when vacancies or postings occur