



~Empowering mental health support and suicide prevention



Alberta First Responders Association
Empowering mental health support and suicide prevention

www.ourAFRA.ca



Alberta's population is expected to reach over 5 million people in 2025. It is estimated that over 1% of that population (over 50,000) is past or present First Responders. How do we ensure we have the support systems in place that they need?



About Us:

The Alberta First Responders Association (AFRA) began as a Peer Support private group on Facebook on February 28, 2023. It has quickly grown into an active community of over 3,000 Alberta First Responders. It now operates as a not-for-profit advocacy organization with a mandate to empower the implementation of practical and immediate solutions for mental health support and suicide prevention programs for all Alberta first responders on a priority basis.

**Held in the Wyndham Edmonton Hotel & Conference Centre,
our 2026 Annual Event consists of four components:**



Day #1 – Friday March 7:

1. AFRA Round Table Symposium - brings together government agencies, charities, nonprofit organizations and key First Responder stakeholders to collaborate on ways to improve the implementation of practical and immediate solutions for mental health support and suicide prevention programs for all Alberta First Responders on a priority basis. The focus is to facilitate meaningful dialogue that results in better and quicker solutions and support for the First Responder community. The participants continue the process of working on our annual “Provincial Report Card” document which guides us as a community to create better solutions and implement them more effectively.

8:00am	Registration with coffee & tea, baked goods and fruit
8:30am	Opening Address
8:45am	Session #1 Topic: 2025 Symposium Results Review
10:15am	Break with coffee & tea
10:30am	Session #2 Topic: Health Plans & The First Responder
Noon	Lunch with Sandwiches, Wraps, and Salads
1:00pm	Session #3 Topic: Organizational Culture & The First Responder
2:30pm	Break with coffee & tea
2:45pm	Overview Session with Q&A and Key Takeaways
3:30pm	Social Mixer with Cash Bar
5:30pm	End of Day 1

Estimated Attendance : 100

Cost Recovery Charge Only: \$75 ... includes baked goods, refreshments & small lunch buffet.



Day #1 – Friday March 7:

2. Honour Guard Training Workshop – Led by our AFRA Sgt at Arms ~ Len Chartrand. this Honour Guard training is open for all first responders (military, RCMP, police, firefighters, paramedics, etc.) and is a specialized program designed to equip them with the skills and knowledge to perform ceremonial duties with dignity, precision, and respect. These duties often involve honouring fallen colleagues, representing their departments at public events, and maintaining important traditions.

8:00am	Registration with coffee & tea, baked goods and fruit
8:30am	Opening Address
8:45am	Session #1 - Introduction
10:15am	Break with coffee & tea
10:30am	Session #2 - Ceremonial Drill and Protocol
Noon	Lunch with Sandwiches & Wraps
1:00pm	Session #3 - Public Appearances and Events
2:30pm	Break with coffee & tea
2:45pm	Overview Session with Q&A
3:30pm	Social Mixer with Cash Bar
5:30pm	End of Day 1

Estimated Attendance : 100

Cost Recovery Charge Only: \$50 ... includes baked goods & fruit, refreshments, and sandwiches & wraps for lunch.



Day #2 – Saturday March 8 - Day:

1. **Mental Health Training Conference & Trade Show** - consists of 3 Workshops and a Final Overview session designed to empower First Responders and their Organizations in Alberta to implement best practices for mental health support and suicide prevention. The priority is to provide practical take-aways that can be implemented immediately by participants.

8:00am	Registration with coffee & tea, baked goods and fruit
8:30am	Opening Address
8:45am	Session #1 Topic: Self Awareness Techniques & Strategies
10:15am	Break with coffee & tea
10:30am	Session #2 Topic: Decompression Techniques & Strategies
Noon	Lunch with Sandwiches & Wraps
1:00pm	Session #3 Topic: <i>Critical Incident Stress Management (CISM)</i>
2:30pm	Overview Session with Q&A and Key Takeaways
3:00pm	End of Training Session

Estimated Attendance : 150

Cost Recovery Charge Only: \$50 ... includes baked goods & fruit, refreshments, and sandwiches & wraps for lunch.



Day #2 – Saturday March 8 – Evening :

2. **Appreciation Gala** - our annual Gala is our major event to acknowledge First Responders and raise funds and awareness for Alberta First Responder mental health support and suicide prevention programs.

5:30pm	Cocktails (Cash Bars) with acoustic performance
6:15pm	Pipes Call to Dinner
6:30pm	Opening Address
6:45pm	Honouring the Fallen
7:00pm	Dinner
8:00pm	Speeches
9:00pm	Dance
10:30pm	Announce 50:50 winner and silent auction ends
12:30am	Last Call
1:00am	End of Gala

Estimated Attendance : 500

Tickets: \$150 General Public or \$125 for First Responders

Table Purchases \$1,500 General Public or \$1,250 for First Responders (10 seats)

For more information or to secure your tickets please go to:

<https://ourafra.ca/>



ALBERTA
FIRST RESPONDERS

CELEBRATING 100 YEARS OF PROTECTION HONOUR



YOU ARE INVITED!

This Event is Open to the Public!

Saturday March 7, 2026

3rd Annual Gala

DINNER

ALBERTA FIRST RESPONDERS FUNDRAISER

Hosted by

WYNDHAM
Edmonton Hotel & Conference Centre

1st Health

AFRA
ALBERTA
FIRST RESPONDERS
ASSOCIATION

for First Responders

IN SUPPORT OF

DRIVING
FOREWARD

BOOTS ON THE GROUND
First Support for First Responders

For more information go to www.ourAFRA.ca

They save lives, change lives and make a world of difference.
Let's share a meal together and celebrate them!