



# THE ART OF SCIENCE PSYCHOLOGISTS

INFORMATION FOR  
CAF/VAC/RCMP



## GETTING YOUR LIFE BACK: GROUP SKILLS TRAINING

January 6 – March 24, 2025

The Art of Science Psychologists is pleased to announce the winter offering of Getting Your Life Back (GYLB), a specialized skills training group developed for Canadian Armed Forces (CAF), Veterans Affairs Canada (VAC), and Royal Canadian Mounted Police (RCMP).

### *Why You Can Trust Us*

- Two clinical psychologists
- Former first responders within the Public Service, enabling us to better understand your experience
- Vast experience working with CAF/VAC/RCMP, individually and in groups
- Vast experience navigating federal government systems
- We manage all required authorizations on your behalf. Our program is trusted and supported by your respective organizations. You have the option to self-refer or have your mental health treatment provider refer on your behalf.

### *What You Can Expect*

- A community of individuals with shared experiences
- Practical, real-life skills
- Better control over emotions and behaviours
- Improved relationships
- Increased active participation in your life!
- The option of choice in group (silent observer vs. known)

Commitment: 2 hrs/wk for 12 weeks (Mondays 12-2pm)

Location: Via virtual platform (ZOOM)

To learn more about the Art of Science community, contact Tammy Piers, MSc, Registered Psychologist at 902-957-8133 or Jeannette Kennedy, MSc, Registered Psychologist at 902-957-1987. Alternatively, you can email at [info@artofsciencepsychologists.com](mailto:info@artofsciencepsychologists.com)

**OUR GUARANTEE TO YOU:** We offer a no-cost consultation to help you decide if you would like to work with us with no commitment necessary!