

Province Selection



****Special Note:**
100% of donations stay in Saskatchewan

DONATE NOW

eTransfer is available to contactus@cmhask.com
Please indicate that the donation is for OSI-CAN and provide your information if you would like a tax receipt

OSI-CAN is a free, confidential, community-based mental wellness support initiative for Veterans, First Responders and Public Safety Personnel.

We seek to empower and encourage our target group to strive for recovery through peer and professional support while creating greater public awareness. For information, access to resources or to join a group, contact OSI-CAN at **306-552-3801** or **1-888-495-6068**

- Home
- About
- FAQ's
- Programs
- Events
- Resources
- Volunteer
- Blogs & Podcasts





OSI-CAN
HEALING WITH HORSES

RESET EVENT



Why should you attend

>>>

If you find yourself

- *quick to anger,
- *lacking patience,
- *unable to shut off,
- *vigilant even off the job,
- *feel disconnected with those around you,
- *feel no one understands,
- *are a support and don't understand how to help
- *feel at a loss,
- *want to feel peaceful
- *want a sense of calm
- *need to release tension

Join us for our
Non-riding Horse Therapy & more...
30 minutes east of Regina

(More details at the bottom of this page... keep scrolling)



August 9 and Sept 13, 2025 (Regina Area)

To Register, please click the date above.
For more information contact
Julius Brown @ 306-552-3801



**OSI-CAN stands for
Operational/Occupational
Stress Injury Canada. It
also stands for “Oh Yes I
Can” find healing.**

Biographies of Leaders:

Julius Brown



Morag Currin



One participant has said, “The experiences this weekend have given me hope and a sense of being able to have a future. Its been a long time since I have felt either of these things.”





Why Horses?

Horses mirror our feelings and energy.

A horse's electrical field is larger and stronger than ours and their heartbeat is much slower as well. This has a calming effect and teaches symptom management.

Horses teach us how to communicate clearly with intent.

OUR PLAN:

Healing with Horses Reset Events provide the following activities and benefits:

- Team building equine therapy exercises
- Meditation Exercises
- Learning tools for support
- Bilateral Exercises
- On-site counsellors

Develop empathy, trust, respect, patience & ...
IT'S FUN!



"Healing our hearts is something horses do effortlessly" Kathleen Prasad.

- **BILATERAL WORK**
- **FLOWPRESSO**
- **MEDITATION PRACTICE**
- **PEER SUPPORT GROUPS FOR MEMBERS AND THEIR SUPPORTS**
- **NATURE THERAPY**
- **COUNSELLORS AND PEER SUPPORTS ARE AVAILABLE ON HAND**
- **MINDFUL MOVEMENT**

What else is at the event?

This event combines many different nature and body based modalities to give an optimal healing experience. Each of these processes are tried and tested to assist with trauma, brain injury and calming the system. They also assist with relaxation and sleep recovery, enhancing the immune system.

There is no mandate to share or talk, even if you quietly take it in most people find they walk away more relaxed, feeling a sense of peace they have not felt in a long time and more hopeful about the future.

A therapy is being offered during the event called Flowpresso.

Flowpresso® is a cutting-edge therapeutic system used during the OSI-CAN Healing with Horses Reset to support first responders, veterans, and their partners dealing with PTSD and related challenges. This non-invasive technology combines deep pressure, gentle warmth, and controlled compression to activate the parasympathetic nervous system—helping the body shift from a state of stress to calm. By enhancing circulation, reducing anxiety, and promoting restorative sleep, Flowpresso complements equine-assisted therapy to support emotional regulation, trauma recovery, and overall well-being.

Who should attend >>>

-Armed Forces/RCMP: Currently serving and former members from Canada and other countries.

-Supports: Spouses, Partners, Adult Family members, close friends.

-If you and your status are not listed above, please contact Julius Brown to see if you qualify: [1-306-552-3801](tel:1-306-552-3801) or osicandir@cmhask.com



**WITH SMARTPHONE,
CLICK HERE**

Regina Location: Aug. 9 and Sept. 13, 2025

(<https://beingamonghorses.com>)

From Regina head East to Winnipeg -Trans Canada Hwy 1
(Use Google maps to find St Joseph's or click on the map on this webpage)

towards Balgonie – watch for the St. Joseph Colony turn – approx 7.3 km from Balgonie – Watch for the Pioneer Grain Elevator – Merge to the South lane on Hwy 1 after passing the elevator – watch for houses South of Hwy 1 & look carefully for a SMALL sign on the South side of Hwy 1 that reads

St. Joseph's Colony

>>>> TURN SOUTH AT THE DIRT ROAD – drive for half a mile -- pass by Digger Drive on the West side – continue on to St. Joseph's Cemetery

>>>>TURN AT YOUR FIRST LEFT (BEFORE ST. JOSEPH'S CEMETERY SIGN) AND BEFORE YOU GET TO THE HAMLET OF HOUSES, Go left at the fork (on your right is St. Paul's St.) and continue to drive East on Colby Dr. (not marked) – parallel to Hwy 1 – Drive through a hamlet of houses on Colby Dr. and continue driving past Benson Bay and Edward St. – Once past Edward St. – look for the 3rd driveway on the South side with a fence – the sign on the fence will display the land description # NE051816W2

Regina Event GPS Coordinates

N 50 Degrees 29.85 Minutes
W 104 Degrees 10.013 Minutes

Questions? Contact us.

Julius Brown

OSI-CAN Director

CMHA SK, 2702-12th Avenue, Regina, SK S4T 1J2

Cell 306-552-3801 / Toll Free 1-888-495-6068

or email Healing with Horses Reset (HHR)

osicandir@cmhask.com



Please wear attire according to the weather and ranch environment.

NO SANDALS!

NOTE: For the Flowpresso therapy, please bring a set of clean, moisture-absorbing clothes such as:

- Comfortable sweat-pants/leggings
 - Socks
- Long sleeve t-shirt

OSI-CAN is a program of:



Canadian Mental
Health Association
Saskatchewan
Mental health for all

In Partnership with:



With the Support of:



HIGH NOON
OPTIMIST CLUB
OF REGINA
Friend of Youth

THE LORNE AND EVELYN JOHNSON FOUNDATION