

WARRIOR ADVENTURES CANADA

SUMMARY 2023

WARRIOR ADVENTURES **CANADA**

EST 2018



MISSION STATEMENT

To use adventure and peer support to prevent and reduce the effects of operational stress and post-traumatic stress in veterans and first responders.

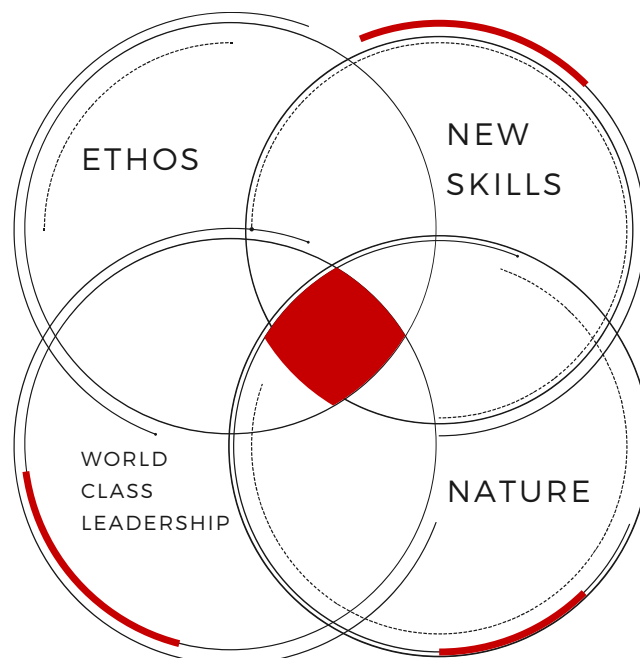
Warrior Adventures Canada Ethos:
Community - Shared Responsibility - Hard Work

METHODOLOGY

At its core Warrior Adventures Canada is a peer support organization. Using experienced military leaders with backgrounds in outdoor adventure, we take our participants on life-changing expeditions. Learning how to handle stressful situations from our nations best just makes sense.

After teaching our participants outdoor skills and mental performance strategies, we challenge them with a week long outdoor adventure. Guided by our experienced leaders the team will put themselves to the test. Following the Warrior Adventures ethos, and utilizing their new skills, they'll overcome challenges and complete an expedition out in the Canadian wilds.

This is the formula for success. The team will leave with a playbook to deal with operational stress, and overcome the next obstacles in their lives. They have been shown the example. Learn new skills, follow principles, and work together.



OUR LEADERSHIP

Warrior Adventures Canada is a peer to peer experience. And utilizing high-performers from the Canadian Armed Forces for our leadership team creates a peer support program that is unmatched. Our team has been making it happen in the wilderness and on the battlefield for over a decade. What better team to adventure, learn, and build mental resilience with.

"I'm privileged to witness firsthand the transformative power of nature and outdoor adventure on our participants. Our programs not only provide a unique opportunity for our veterans, first responders, and their families to experience the beauty of the Canadian wilderness, but also to develop essential life skills and promote mental and physical health. - John Watson

"I like to reflect on how simple life can be in the back country. No phones, no internet, not a distraction for miles. Our program allows people to unplug and reset; and watching it happen before my eyes has truly been a profound experience. Not only do I get to reset from the stresses of work and life myself, but I have the privilege of teaching new skills and coping strategies, and observe those skills being put into action. This gives people a sense of purpose and a conduit to spend themselves at a worthy task" - Justin Macpherson

"Nothing happens without some risk. You need some skin in the game. If it comes easy, it's not worth it. Teaching you how to deal with stress in a classroom is different than teaching you right before we summit a mountain peak. We take you away from the comforts of normal life, it's just you, the team, and the challenge. What better way to learn, focus on yourself, and grow" - Adam Watts



JOHN WATSON
Canoe Guide, Trip Leader



JUSTIN MACPHERSON
Canoe Guide, Trip Leader



ADAM WATTS
Climbing Guide, Trip Leader



WHERE WE ARE

Since 2018 Warrior Adventures Canada has run 8 week-long outdoor adventures, and 1 skills weekend

2018 / DUMOINE RIVER, QC

8 Days - 12 Warriors

2019 / BUGABOOS, BC

6 Days - 11 Warriors

2020 / DUMOINE RIVER, QC

8 Days - 12 Warriors

2021 / ALGONQUIN PARK, ON

8 Days - 18 Warriors

2021 / ALGONQUIN PARK, ON

8 Days - 18 Warriors

2021 / CALABOGIE, ON

3 Days - 8 Warriors

2022 / DUMOINE RIVER, QC

8 Days - 16 Warriors

2022 / ALGONQUIN PARK, ON

8 Days - 16 Warriors

2022 / GREAT DIVIDE, BC

7 Days - 12 Warriors

PROGRAMS

The cornerstone of Warrior Adventures Canada is the week long outdoor adventure. Teaching our teams new skills and then challenging them with a tough adventure just works. But we do see ourselves making an impact across four areas.

- Week long cornerstone adventure program
- Mentorship and training of participants as future Warrior Adventure guides
- Weekend outdoor skills programs
- Outdoor equipment inventory for sign out

We can't take everyone on a week long adventure. Skills weekends and loaning out gear are great ways to get veterans and first responders outside on their own adventures.



TOTAL OUTCOMES

79 TOTAL PARTICIPANTS

15 PARTICIPANTS RETURN AS GUIDES OR VOLUNTEERS

64 DAYS OF OUTDOOR ADVENTURE

Maintaining the quality of our programs is priority. We'll expand and grow the number of programs and locations when the time is right. Selecting, mentoring, and training participants to return as guides is how we'll get there. The week long outdoor adventure is the cornerstone of Warrior Adventures Canada. We will maintain at least 1 cornerstone program per year.



IMPACT

HOW ARE WE IMPACTING OUR PARTICIPANTS?

"This program helped in explaining various coping techniques used, which is good for me as I already am coping decently well. It qualified a few things I already do and helped enhance/sharpen some that I've been working on. It's hard to explain but I've always wondered at times if I am coping with things normally as things that affect others don't always have any impact on me. By putting words to things that I do, especially coming from [those] guys (who put things like this to the absolute test) it just makes me more confident." - **DUMOINE RIVER 2018**

"This program has provided me with tools to better combat operational stress, as well as provided me with tools and techniques to help aid in recovery. I can honestly say that I learned something from each and every person on the trip, which I wasn't expecting. I learned mental resiliency skills and that having a sense of humour is important. I learned team building skills and how to better work with others. I learned that it is ok to ask for help sometimes and it is not a sign of weakness to accept help." - **BUGABOOS 2019**

"From the bottom of my heart, thank you. Before I went on the trip I was feeling myself going down a dark path and I didn't know a way back. I was negative and pessimistic about everything. I was too quick tempered and was living a genuinely unhealthy lifestyle. Feeling positive about anything was a struggle. I also didn't know how to get off the path I was on. After spending a few days with the highly professional guides and inspiring participants, I can now see the terrible decisions I was making. I can also see what I need to do going forward for my recovery." - **BUGABOOS 2019**

"I never thought that I would be comfortable or would benefit from a group setting...I was very wrong. I found this program extremely helpful. The guides were knowledgeable and provided some very insightful tools to work with. Making the link between "life" and the "river" (ie. taking that eddy to break things down and reassess) really stuck with me. Also very helpful was the fact that we had a great group of people with whom I was able to have meaningful conversations without ever feeling as I was being judged." - **DUMOINE RIVER 2020**

"The trip reinforced in me how I want to live my life. It reminded me of coping mechanism and healing tools I had either forgot or was neglecting to use. It hit the reset button on my primal instincts and behaviours, like daily exercise, daily laughter and relaxation... along with a healthy diet... Both food AND information. All of modern life distractions were removed, which helped me focus on what's important for mental and physical well-being. For those who have faced trauma and or struggle with mental health, this trip was an elixir of healing. It has been too long since I have felt so alive!" - **ALGONQUIN PARK (1) 2021**

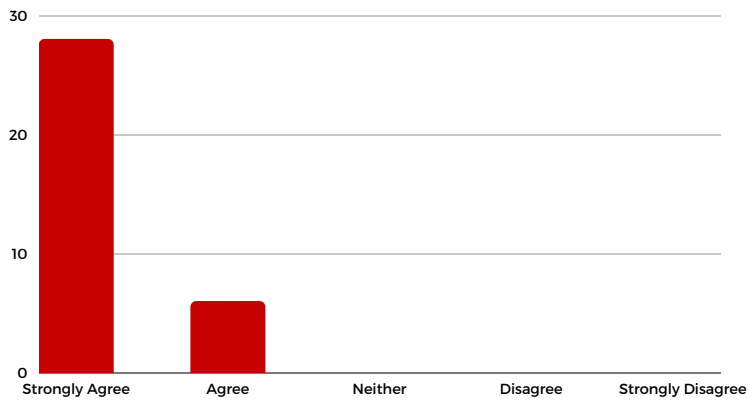
"There were times on this trip that I was very much out of my comfort zone... I found this trip to be challenging, but in a good way. I realised that I can do more than I ever thought I could. I do wish that the trip could have been longer! Thank you so much." - **ALGONQUIN PARK (2) 2021**

"I can't thank you WAC guys enough, I'll never forget what you did for me." - **DUMOINE RIVER 2018**

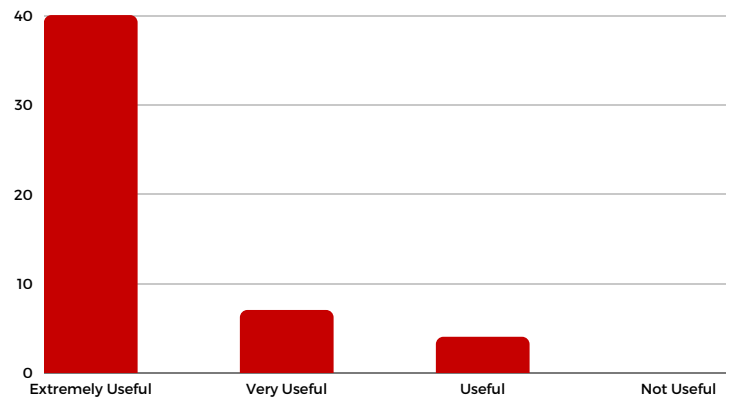
IMPACT



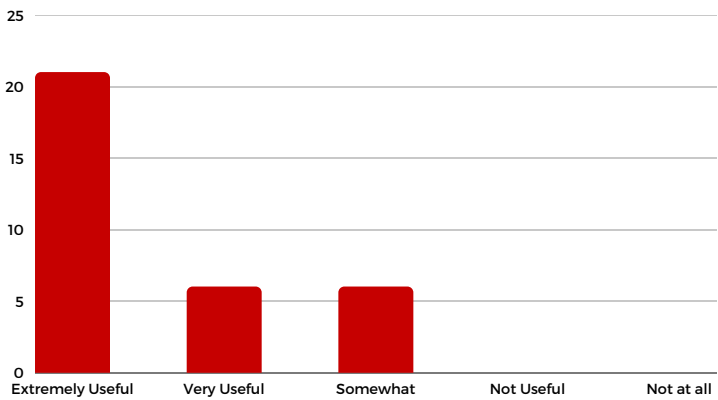
HOW ARE WE IMPACTING OUR PARTICIPANTS?



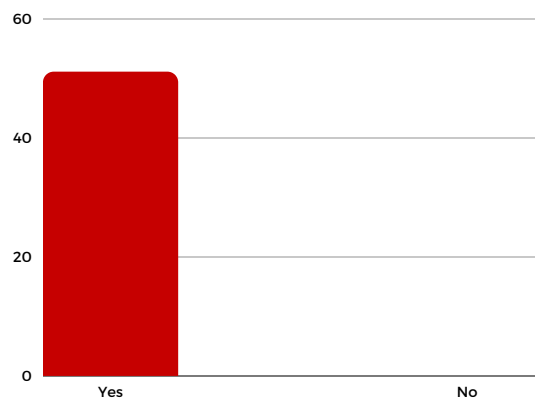
The guides got to know me and the team well. They made a comfortable environment for everyone.



How useful was this program in helping you deal with future workplace stress or trauma?



How did you find the daily talks and After Action Reviews (AARs)?



Would you recommend this program to a friend or colleague?

ON THE HORIZON

- Maintain program quality
- Maintain at least 1 cornerstone program per year
- Operationalize equipment sign-out initiative
- Continue to mentor and train new guides

"THIS IS HOW YOU HELP CREATE A POSITIVE IMPACT ON THE MENTAL HEALTH OF VETERANS AND EMERGENCY SERVICES."

- WAC ALUMNI

Veterans and first responders are a breed of their own. We've faced difficulties and challenges that most will never know. When it comes to pushing ourselves to and through the next task in life, what better way than to do it together. We are leaders not just in our organizations, but in the country. We must pursue excellence in work and in life. The country and our communities are counting on us. We shall never stop striving for that finish line which never arrives.

"Go confidently in the direction of your dreams. Live the life you have imagined." - Henry David Thoreau





JOURNEY WITH A PURPOSE



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