

DEBRIEFING & MUTUAL SUPPORT | Fall 2025 Schedule

Location:

Sheraton Cavalier Calgary Hotel
2620 32nd Avenue NE, Calgary, AB, T1Y 6B8

Instructor: Diana Tikasz, MSW, RSW**Format:** In-Person

DAY 1 | Wednesday, October 29, 2025 | 8:30am - 4:30pm MT

With Special Guest, Françoise Mathieu, M.Ed., RP.

Morning Session

What is debriefing, why is it important, and what does the research show?

Addressing the immediate *and* cumulative impact of trauma exposure.

Afternoon Session

Building the scaffolding to support your people.

Exploring the continuum of debriefing & mutual support practices.

DAY 2 | Thursday, October 30, 2025 | 8:30am - 4:30pm MT

Morning Session

Animating your debriefing & mutual support practices.

Exploring values and qualities + facilitation skills.

Afternoon Session

Creating a culture of mutual support within your workplace.

Bringing your D/MS practices home: a quick start guide + making an action plan.

FOLLOW-UP SESSIONS (ONLINE - ZOOM)

Virtual Reflection Session #1

Wednesday, December 3, 2025

11:00am - 12:15pm MT

After having a chance to reflect and begin putting lessons learned into practice, we reconnect to check-in with one another. How is it going? What is working and where do we go from here?

Virtual Reflection Session #2

Wednesday, January 21, 2026

11:00am - 12:15pm MT

Our final check-in for the program. What are next steps for you and your D/MS program?

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WHERE SHOULD I STAY?

You are welcome to make a reservation at the training venue, [Sheraton Cavalier Calgary Hotel](#), or there are many hotels nearby including:

- [Comfort Inn & Suites Airport South](#) (8 minute walk)
- [Emerald Hotel & Suites](#) (9 minute walk)
- [Royal Hotel Calgary, Trademark Collection by Wyndham](#) (14 minute walk)

WHAT TRANSPORTATION OPTIONS ARE AVAILABLE?

The training venue is a 12 minute drive from the Calgary International Airport (YYC). Calgary offers a variety of transportation options, including public transit (buses and the C-Train), taxis, Uber, Lyft, and rental cars. The city is also walkable and bike-friendly.

