



BOS is a resiliency-based program that empowers public safety employees to take charge of their mental health.



- **Easily accessible through a user friendly online education platform.**
- **Facilitated by three renowned experts in the field of public safety mental health.**
- **Provides key concepts and tools to help mitigate the effects of operational stress, with opportunities for reflection and implementation.**

Through government funding from the Public Health Agency of Canada, the BOS Online program is now available at no cost! We have taken advantage of this limited time opportunity by securing an account for you in the BOS Online program in order to ensure you receive one of the limited spaces available. You will receive a welcome email to the program, with full instructions to access your private account. Please follow the steps on the next pages to begin the course, on your own time, at your own pace. Contact bosadmin@wayfound.ca or toll free 855-946-7792 with any questions.



Step One:

You will receive a welcome email to the Wayfound BOS Education platform.

Click the link to set your account password.



The screenshot shows the top of an email with the Wayfound logo in a blue header. Below the header, the text reads: "Welcome [redacted]", "Your account has been created!", and a link "Click here to set your password.". Underneath is a "Sign In:" section with a "Login to Your Account" button. Below that is "Your Email Login:" followed by a redacted email address. At the bottom, there is a link: "Login to your account | Edit notification settings".

Step Two:

Choose your password and sign in.



The screenshot shows a form titled "Express Sign In" with the instruction "Set your password to complete the signup process". It contains two input fields: "Your password" with the placeholder text "New password" and "Confirm your password" with the placeholder text "Confirm your password". A blue "Sign In" button is located at the bottom of the form.




Step Three:

Click Start Course.




My courses


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Before Operational Stress

 See Overview

 Start Course

Start Learning!

Program Research - This program is available at no cost through a research grant from the government of Canada. Research is conducted by the Canadian Institute of Public Safety Research and Treatment. Before beginning the course, you will be presented with the opportunity to participate in research surveys. This is optional and not a requirement to proceed with the BOS Online course.

- Timeline - Complete the BOS Online program at your own pace. The program content will be available until December 31st 2023.

