



June 2, 2023

## Helping Our Heroes

### Wraparound Supports for Frontline Workers & Loved Ones

Nova Scotians will be forever grateful for the frontline workers working tirelessly to protect our communities in response to the wildfires. We know that while our frontline heroes are helping us, they and their families may need help and support as well during this challenging time, particularly those frontline families who may also be displaced.

To demonstrate our gratitude and support, the [Tema Foundation](#) and [Emera](#) have partnered together to launch **Helping Our Heroes**. This initiative offers support to frontline workers who are contributing to the Nova Scotia wildfires response and the important people in their lives. This complimentary support will include:

- **Meals:** Gift cards or meal delivery for frontline workers and their families
- **Entertainment:** Movies, gift certificates or games for families who are displaced or in need of some extra cheer
- **Short-term Crisis Counselling:** Connect with a licensed counsellor to have an opportunity to debrief, learn some additional coping strategies and resilience-building techniques to help you continue to navigate through and recover from this crisis

Starting **Saturday, June 3** volunteers will begin delivering these supports to communities across the province. **If you or someone you know is in need of support, please contact Colleen Kamps to access these services free of charge. Tema will work with you to understand your individual needs and put the right support in place to keep your family strong.**

Colleen Kamps  
Licensed Psychotherapist, Tema Foundation  
416.931.0407 (call or text)  
[colleen.kamps@tema.foundation](mailto:colleen.kamps@tema.foundation)

#### **About Tema Foundation**

*The Tema Foundation is a non-profit with the goal of linking partners in mental health to make a greater impact on the issues facing those who keep us healthy and safe, as well as those around them. The Foundation delivers evidence based and evidence informed education curricula for frontline workers, first responders, healthcare professionals, public safety personnel, and the important people in their lives. <https://www.tema.foundation/>*

#### **About Emera**

*Emera Inc. is headquartered in Halifax, Nova Scotia, and is the parent company of Nova Scotia Power and an expert team of utility and energy services companies serving 2.5 million customers in Canada, the USA and the Caribbean. <https://www.emera.com/>*