

FAMILY EMERGENCY PREPAREDNESS

Session will
begin at
5:30 pm

EMERGENCY PREPARATION
CHECKLIST

Section 1: Emergency Survival Items:

☐ Water Containers

☐ First Aid Kit

☐ Operated Radio

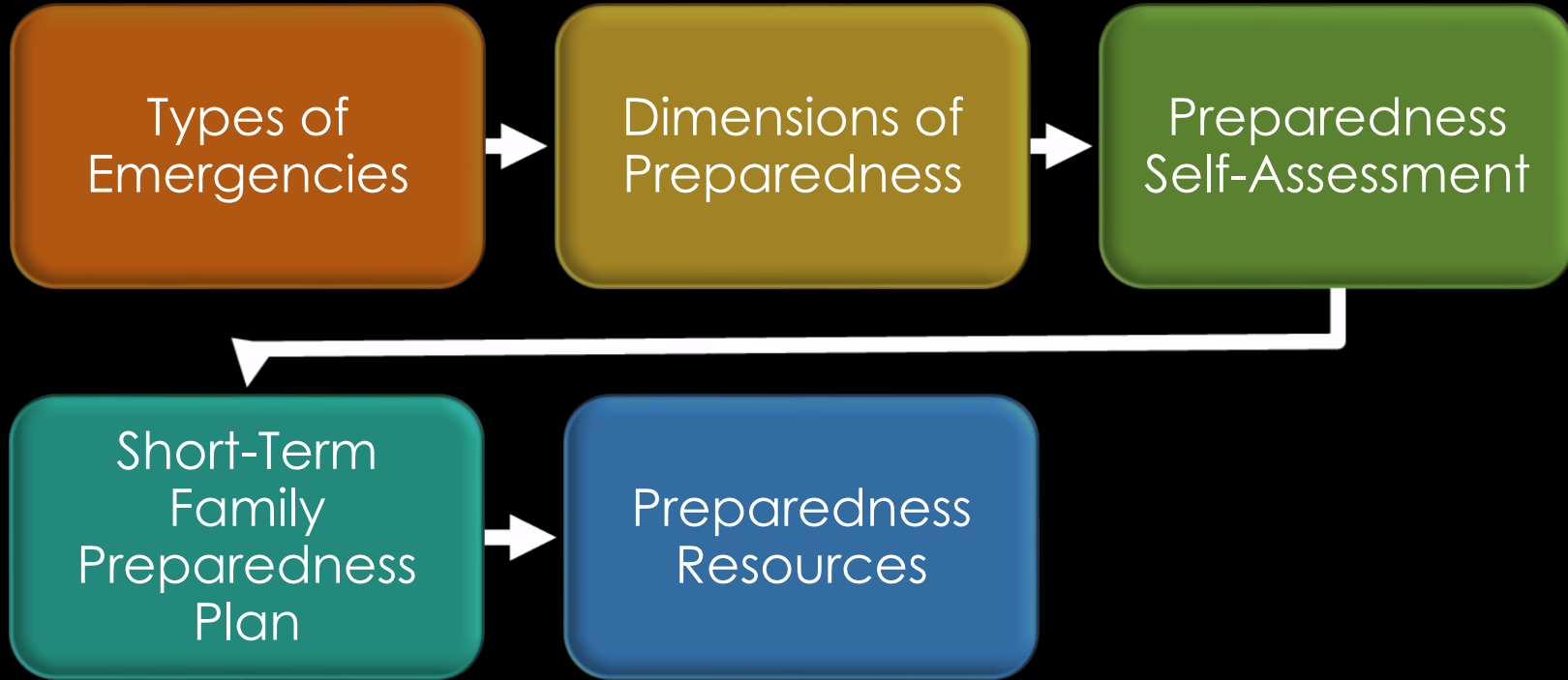
FAMILY EMERGENCY PREPAREDNESS WORKSHOP

Presented by
Joy Jolie



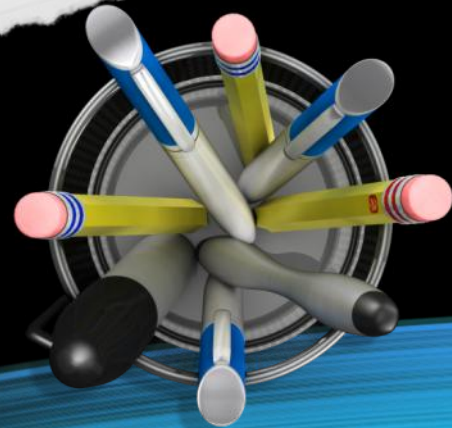
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WORKSHOP OBJECTIVES





Remember to discuss
an emergency
preparedness plan
with my family!



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WHO IS JOY?



- ✓ First Aid Certified
- ✓ Certified Resilience X Facilitator
- ✓ Cancer Survivor
- ✓ Community activist my entire life, but most active in the past 15 years
 - ❖ Transition Toronto (steering committee)
 - ❖ Village Vancouver (steering committee)
 - ❖ WWOOF (Worldwide Organization of Organic Farmers)
 - ❖ Greenpeace
 - ❖ Amnesty Canada
 - ❖ Many other organizations





Community Activism



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QUALIFICATIONS



CERTIFICATE OF **COMPLETION**

Joy Jolie

completed

Resilience X

a science- and practice-based resilience training



HUGO ALBERTS (Ph.D)

Co-founder of
PositivePsychology.com



SEPH FONTANE PENNOCK

Co-founder of
PositivePsychology.com



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WORKSHOP RESOURCES



✓ You will receive:

- ❖ PDF copy of this presentation
- ❖ Printed copy of your personal Emergency Preparedness Assessment and Plan document
- ❖ A link to the online folder for all files mentioned in the workshop
 - ❑ Access code: **2E1Vwd**
- ❖ **BONUS: If you attend ALL 4 sessions, you will also receive a USB thumb drive with additional emergency preparedness resources**

Copy link to "Gikekdagye Friendship Centre" ×

Link

<https://cloud.nordlocker.com/shares/unlock/84a2d143-1731-4bd1> ✓

Expiration date

31/August/2026 ▼

Security code

Security code

RD014Q 📋

i We advise sharing the link and the security code separately.

[Delete link](#)





OVERVIEW

Getting Ready to Prepare



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WORKSHOP SESSION TOPICS



Session 1

Lesson 1 - Introduction to Workshop

Lesson 2 - Overview of Types of Emergencies

Session 2

Lesson 3 - The Twofold Plan – Bugging In vs Bugging Out

Lesson 4 Discussion: What did we learn?

Session 3

Lesson 5 - Self-Assessment – Where am I now in my preparedness journey?

Lesson 6 - 72 Hour Kit – Bugging In vs Bugging Out

Lesson 7 - Assignment: What resources do I currently have?

Session 4

Lesson 8 - Discussion: What do I have? What do I need?

Lesson 9 - Demo – Emergency survival kit

Lesson 10 Finalizing my plan, looking to the future

Lesson 11 - Workshop wrap-up, next steps



PREPARATION (MERRIAM-WEBSTER)



Noun

prep·a·ra·tion | \ ,pre-pə-'rā-shən \

Definition of preparation:

1. the action or process of making something ready for use or service or of getting ready for some occasion, test, or duty
2. a state of being prepared
3. a preparatory act or measure
4. something that is prepared
specifically : a medicinal substance made ready for use



WHAT DOES PREPARATION MEAN TO YOU?



What feelings does it bring up?

Who is dependent on you?

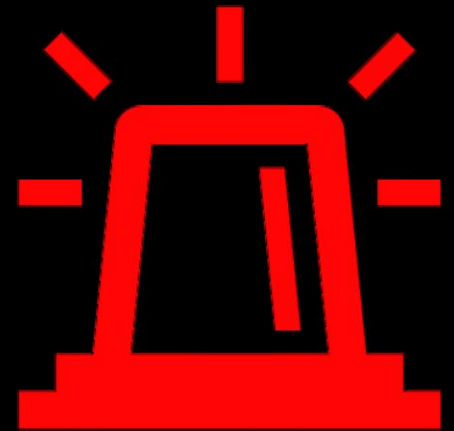
Whom do you depend on?



WHAT ARE MY ODDS?



In uncertain times, as humans beings we tend to overestimate the chances of experiencing different types of catastrophic emergencies while overlooking the most likely issues that impact our preparedness level We stress about the world, when we should focus on our own backyard – i.e. our own health issues or financial situation.



MY EMERGENCY PREPAREDNESS JOURNEY



Yes, you CAN meet emergencies with a calm, peaceful and focused state of mind, IF you're well-prepared.





TYPES OF EMERGENCIES

What do I need to prepare for?



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DIMENSIONS OF RESILIENCE

✓ Personal

- ❖ Emotional
- ❖ Spiritual
- ❖ Cognitive
- ❖ Physical
- ❖ Relationship

✓ Non-Personal

- ❖ Economic Collapse
- ❖ Community / Cultural
- ❖ Environmental /
Geological





PERSONAL EMERGENCIES

What are the *MOST* likely issues that I will
need to focus on



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PHYSICAL INJURY / ILLNESS EMERGENCIES



- ✓ Mostly under control of the individual
- ✓ Affects the family, coworkers
- ✓ Unpredictable
- ✓ Can be short or long term
- ✓ Impacts financial circumstances
- ✓ Can also impact emotional / psychological / spiritual



EMOTIONAL / COGNITIVE / SPIRITUAL ILLNESS



- ✓ These three human dimensions are related
- ✓ Mental illness affects everyone at some point
- ✓ All human beings require a support system
- ✓ Cultural and economic conditions put us at risk



RELATIONSHIP DYSFUNCTION



- ✓ Family relationships are under strain
- ✓ Intimate partners struggle with communication
- ✓ Parents and children are becoming more estranged
- ✓ Community groups no longer serve the same purpose – bringing people together



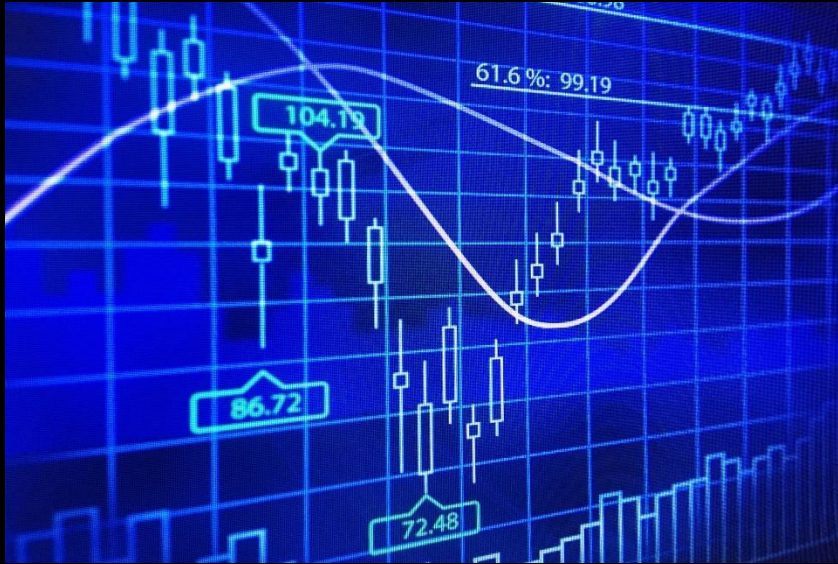


NON-PERSONAL EMERGENCIES

What are the LESS likely but still important issues that I will need to prepare for?



ECONOMIC EMERGENCIES



- ✓ Loss of job
- ✓ Catastrophic health issues with self or family
- ✓ Sudden major expense
– i.e. car breakdown
- ✓ Investment losses





CULTURAL UPHEAVAL

- ✓ Communities are divided by politics, religion, gender, social class, race
- ✓ Powerful interests control the narrative through censorship and propaganda
- ✓ Wealth gap increases as fewer corporations pay tax while citizens are highly taxed





WEATHER / CLIMATE EMERGENCIES

- ✓ Extreme Heat/Cold
- ✓ Severe storms
- ✓ Floods / Droughts
- ✓ Wildfires
- ✓ Hurricanes
- ✓ Tornadoes





January 1998 North American ice storm

Major ice storm that affected Eastern Canada and northeastern US in January 1998



The North American Ice Storm of 1998 was a massive combination of five smaller successive ice storms in January 1998 that struck a relatively narrow swath of land from eastern Ontario to southern Quebec, New Brunswick and Nova Scotia in Canada, and bordering areas from northern New York to central Maine in the United States. It caused massive damage to trees and electrical infrastructure throughout the area, leading to widespread long-term power outages. [Wikipedia](#)



Hurricane Melissa

Category 5 Atlantic hurricane in 2025

Hurricane Melissa was an extremely powerful and destructive tropical cyclone which made landfall in Jamaica and Cuba in October 2025. The thirteenth named storm, fifth hurricane, fourth major hurricane, and third Category 5 hurricane of the 2025 Atlantic hurricane season, Melissa is currently the strongest tropical cyclone worldwide in 2025, and is tied with the 1935 Labor Day hurricane as the most intense landfalling Atlantic hurricane and third-most intense Atlantic hurricane overall by central pressure. [Wikipedia](#)





✦ Search Assist



Lead poisoning in Flint, Michigan, primarily resulted from the city's switch to using the corrosive Flint River for drinking water in 2014, which caused lead to leach from aging pipes into the water supply. This exposure has significantly affected the health of thousands of children, leading to elevated blood lead levels and associated developmental issues. [O harvardpublichealth.org](https://www.harvardpublichealth.org) [W Wikipedia](#)



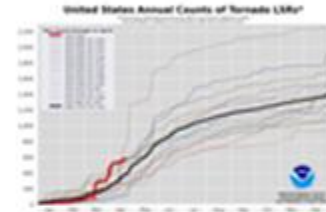
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Tornadoes of 2025

List of notable worldwide tornadoes occurring in 2025

The 2025 tornado season is the ongoing season of tornadoes and tornado outbreaks worldwide in the year 2025. Strong and destructive tornadoes form most frequently in the United States, China, the Pampas, the European Plain, South Africa, and Bengal, but they can occur almost anywhere under the right conditions. Tornadoes also develop occasionally in southern Canada during the Northern Hemisphere's summer and somewhat regularly at other times of the year across Europe, Asia, and Australia. [Wikipedia](#)



INFRASTRUCTURE EMERGENCIES



- ✓ Water Toxicification
- ✓ Power Outages
- ✓ Cyber attack/ internet shutdown
- ✓ Oil / Chemical Spills
- ✓ Nuclear Meltdowns





☰ Search Assist



The Pickering Nuclear Generating Station has faced numerous safety concerns and operational issues throughout its history, including accidents, a lack of adequate safety systems, and a high failure rate among nuclear operator candidates. It is one of the oldest nuclear plants in the world and has been criticized for being past its official retirement age, raising fears about potential accidents affecting nearby populations. [cleanairalliance.org](https://www.cleanairalliance.org) [Wikipedia](#)



Northeast blackout of 2003

Major power outage in August 2003 in North America



The Northeast blackout of 2003 was a widespread power outage throughout parts of the Northeastern and Midwestern United States, and most parts of the Canadian province of Ontario on Thursday, August 14, 2003, beginning just after 4:10 p.m. EDT. Most places restored power by midnight, some as early as 6 p.m. on August 14, while the New York City Subway resumed limited services around 8 p.m. Full power was restored to New York City and parts of Toronto on August 16. [Wikipedia](#)

Duration	2 hours–4 days, depending on location
Date	2003-8-14–2003-8-16 (2003-8-14 – 2003-8-16)
Type	Blackout



East Palestine, Ohio, train derailment

Train derailment and environmental pollution in East Palestine, Ohio



On February 3, 2023, at 8:55 p.m. EST, a Norfolk Southern freight train derailed in East Palestine, Ohio, United States. The train was carrying hazardous materials when 38 cars derailed. Several railcars burned for more than two days and emergency crews also conducted controlled burns of several railcars, which released hydrogen chloride and phosgene into the air. Residents within a 1-mile radius were evacuated. [Wikipedia](#)



1979 Mississauga train derailment

Train wreck

The Mississauga train derailment, also known as the Mississauga Miracle, occurred on November 10, 1979, in Mississauga, Ontario, Canada, when a CP Rail freight train carrying hazardous chemicals derailed and caught fire. More than 200,000 people were evacuated in the largest peacetime evacuation in North America until Hurricane Katrina. The fire was caused by a failure of the lubricating system. [Wikipedia](#)



GEOLOGICAL DISASTERS



- ✓ Forest Fires
- ✓ Earthquakes
- ✓ Avalanches
- ✓ Landslides
- ✓ Tsunamis
- ✓ Volcanoes





2026 Venezuela earthquakes

Article [Talk](#)

From Wikipedia, the free encyclopedia

On 24 June 2026, two^[a] large [strike-slip earthquakes](#) affected northwestern and central [Venezuela](#). The [epicenter](#) of the first earthquake was in [Veroes Municipality](#), west of [San Felipe](#), the capital city of [Yaracuy](#). This earthquake, which measured M_w 7.2, occurred at 18:04 [VET](#) and was classified as a [foreshock](#). It was followed by a M_w 7.5 mainshock 30 seconds later centered off the coast of [La Guaira](#), west of [Catia La Mar](#). The two earthquakes caused widespread damage across the country, particularly in the capital [Caracas](#) and especially the state of [La Guaira](#), where 80% of buildings collapsed.^[6] As of July 2026, it has been confirmed that more than 5,500 people were killed, 16,700 were injured, and tens of thousands still remain missing.^[b]

The [United States Geological Survey](#) (USGS) [Prompt Assessment of Global Earthquakes for Response](#) (PAGER) system predicted the death toll could be significantly higher than the initial reports, potentially exceeding 10,000. The [mainshock](#) was the strongest in Venezuela since the [1900 San Narciso earthquake](#).





2026 Lake Tahoe avalanche

Article [Talk](#)

From Wikipedia, the free encyclopedia

On February 17, 2026, an [avalanche](#) struck north of [Lake Tahoe](#) in [California](#), United States, around Frog Lake and [Castle Peak](#). The avalanche occurred amid a heavy, multi-day snowstorm in the area. Nine people were killed. All of the deceased were members of a ski group who had been on a guided [backcountry](#) excursion at the time of the avalanche. The avalanche was the deadliest in the United States since the [1981 Mount Rainier avalanche](#).^[1]

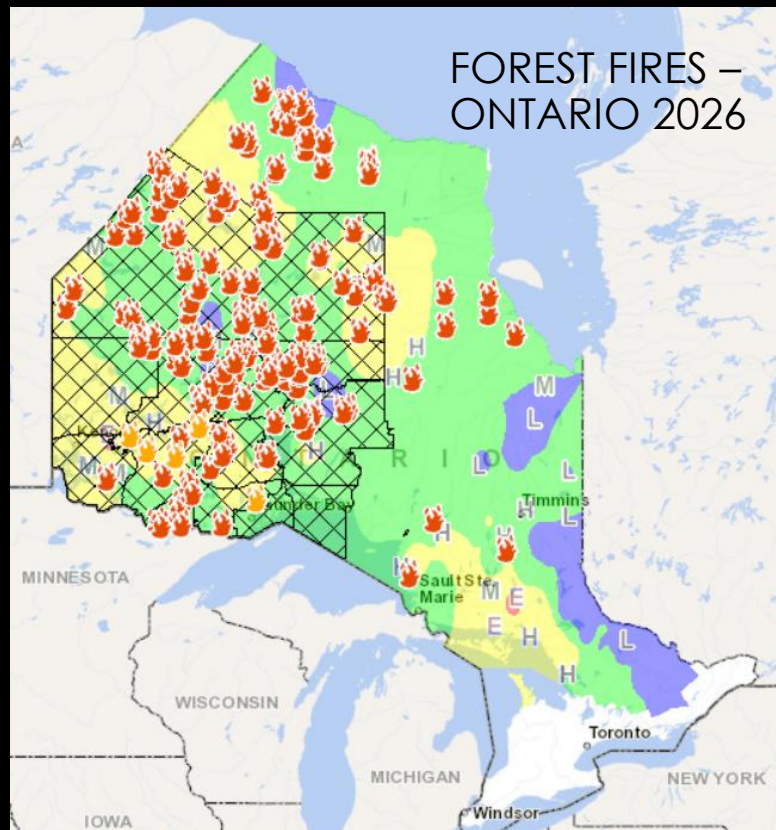




Search Assist



In 2025, Canada experienced one of its worst wildfire seasons, with over 6,000 wildfires burning more than 8.3 million hectares across the country. The situation led to the evacuation of over 85,000 people and significant impacts on air quality and public health. 🍁 Government of Canada 🍁 cmpa.mcmaster.ca





REFLECTION

Which of these
categories/dimensions have
you experienced, if any?





SESSION 2



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THE TWOFOLD PLAN

Shelter in Place (bugging in)

OR

Evacuate (bug Out)



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WHEN TO SHELTER IN PLACE

- ✓ Extreme Weather
- ✓ Black Outs
- ✓ Pandemics
- ✓ Riots
- ✓ Martial Law
- ✓ Nuclear Fallout
- ✓ Bio Warfare Agents
- ✓ Zombies



WHEN TO EVACUATE



- ✓ Fire
- ✓ Earthquake
- ✓ Floods
- ✓ Avalanche/Mud Slides
- ✓ Tsunami
- ✓ Chemical Agents
- ✓ War
- ✓ Lots of Zombies

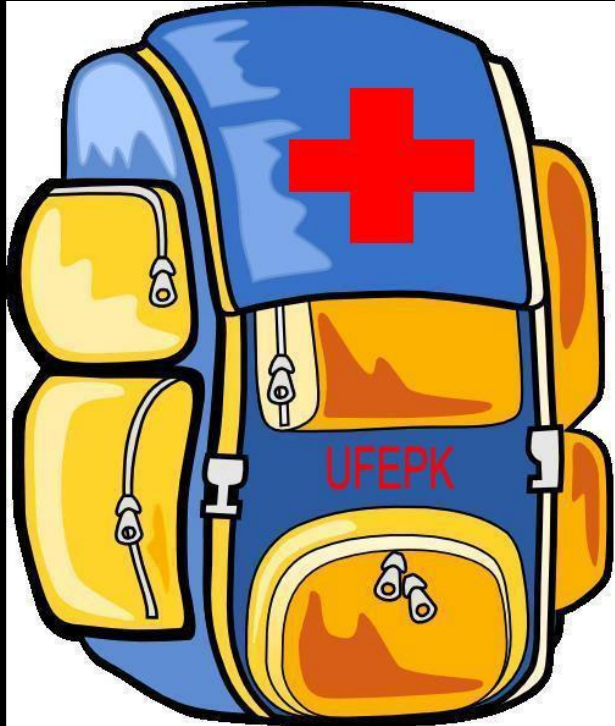


EVACUATE & BUG OUT SUPPLIES



- ✓ Emergency Travel Kit
- ✓ Food & Water for 3 Days
- ✓ First Aid Kit
- ✓ Battery Powered Radio
- ✓ Flashlights and Candles
- ✓ Extra Batteries
- ✓ Tool Kit
- ✓ Camping Stove
- ✓ Toilet Kit

EVACUATE & BUG OUT SUPPLIES (continued)



- ✓ Emergency Travel Kit PLUS
 - ❖ Change of Clothes
 - ❖ Shelter Making Materials
 - ❖ Copies of Important Documents
 - ❖ Emergency Cash
 - ❖ Compass & Maps



EVACUATE & BUG OUT (continued)



✓ Transportation, Which is the most practical?

- ❖ Vehicle
- ❖ Bicycle
- ❖ On Foot
- ❖ Other



SHELTER IN PLACE



✓ Home Emergency Kit

- ❖ Food & Water for 3 Days *MINIMUM*
- ❖ First Aid Kit
- ❖ Battery Powered Radio
- ❖ Flashlights and Candles
- ❖ Extra Batteries
- ❖ Tool Kit
- ❖ Camping Stove
- ❖ Toilet Kit

OPTIMAL SOLUTION



- ✓ Based on your family size and needs
- ✓ Store Your Home Emergency Kit in Backpacks or Duffle Bags.
- ✓ One for each member of your household – smaller for children.
- ✓ Check regularly and adjust – i.e. children's clothes/shoes or medications must be updated





We'll explore more details
about emergencies supplies
after self-assessment



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SELF-ASSESSMENT

How ready am I to handle these
emergencies NOW?



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INITIAL SELF-ASSESSMENT SURVEY



- ✓ Please answer this survey:
 - ❖ How prepared are you for an emergency on a practical level?
- ✓ Please respond to this survey on printed form provided:
 - ❖ How emotionally/mentally resilient are you in an emergency?



RISK ASSESSMENT CHART



Risk assessment matrix

		Severity				
		Negligible	Minor	Moderate	Significant	Severe
Likelihood	Very Likely	Low Med	Medium	Med Hi	High	High
	Likely	Low	Low Med	Medium	Med Hi	High
	Possible	Low	Low Med	Medium	Med Hi	Med Hi
	Unlikely	Low	Low Med	Low Med	Medium	Med Hi
	Very Unlikely	Low	Low	Low Med	Medium	Medium

Risk Matrix Example

Likelihood X Severity = Risk Level



ASSESSING YOUR RISK BY CATEGORY





Self-Assessment

Where am I now with my preparedness?

- ✓ Spiritual
- ✓ Mental/Emotional
- ✓ Relational
- ✓ Physical
- ✓ Financial
- ✓ Logistical/Practical



- ✓ Who needs my support?
- ✓ From whom do I need support?
- ✓ What skills do I have?
- ✓ What skills do I need?
- ✓ What resources are available in my family/community?





EMERGENCY SURVIVAL KIT OVERVIEW

What are the most important resources?



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BUILDING A 72H EMERGENCY PREPAREDNESS KIT (18 MINUTES)





Review
Prescriptions &
Other
Supplements
and
Medications

Get health
checkup
Develop
exercise plan

Dietary Requirements

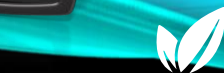
Mom

Dad

Daughter

Son

Pets



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FAMILY EMERGENCY PREPAREDNESS PLAN



Name:		Spouse:	
Address:		City:	
Province:		Post Code:	
Phone:		Mobile:	
Work:		Other:	
Email 1:		Email 2:	

MY PERSONAL / FAMILY RISK ASSESSMENT SURVEY

SELF-ASSESSMENT: WHAT IS MY OVERALL PREPAREDNESS LEVEL? 1 – 10 (10 is highest level of preparedness)

Food / Water	Hunting/Foraging	Health & Medical/First Aid	Clothing/Footwear
Shelter	Community	Energy – Heat, Light, Cooking, Power	Transportation
Financial/Cash	Security	Legal Documents	Pets
Notes & Observations:			



BRANTFORD EMERGENCY MANAGEMENT



CITY OF
BRANTFORD

Brantford Home Accessibility Brantford Transit Jobs and Volunteering Contact Us **I Want To...**

Living Here ▾ Things To Do ▾ Transportation ▾ Business and Development ▾ Your Government ▾

Home > Living Here > Emergency Services and S... > Emergency Preparedness

Emergency Preparedness

ONTARIO EMERGENCY MANAGEMENT





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Be prepared for an emergency

Learn how you can be prepared for emergencies by making an emergency plan and kit.





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CANADA EMERGENCY MANAGEMENT



Government of CanadaGouvernement du Canada

Canada.ca | Services | Departments | Français

Public Safety Canada



Canada

National Security

Border Strategies

Countering Crime

Emergency Management

Resources

[Home](#) → [Emergency Management](#) → [Emergency Preparedness](#)

Disaster Prevention and Mitigation

About Disaster Mitigation

Canada's National Disaster Mitigation Strategy

Canada's Platform for Disaster Risk Reduction

National Disaster Mitigation Program

Task Force on Flood Insurance and Relocation

Emergency Preparedness

Public Safety Canada works in collaboration with other federal departments and provincial and territorial governments, academia, national associations and non-governmental organizations to strengthen national emergency preparedness including planning, training, exercises, and sharing lessons learned. These efforts, taken prior to an emergency, are aligned with Government of Canada priorities and are aimed at making Canadian communities safe and resilient.

Emergency Management Planning

Public Safety Canada promotes a common approach to developing emergency management plans to strengthen the Government of Canada's capacity to prevent, protect against, respond to and recover from major disasters and other emergencies.

Emergency Management Training



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OVERVIEW - ESSENTIALS I NEED FOR 3 DAYS



✓ What do I need for myself and my family?

- ❖ Food / Water
- ❖ Shelter
- ❖ First Aid/Medications
- ❖ Communication
- ❖ Energy – Heat, Light, Cooking
- ❖ Cash
- ❖ Security
- ❖ Transportation
- ❖ Documents





FOOD / WATER



- ✓ Dietary needs of each family member **including pets**
- ✓ Allergies / sensitivities
- ✓ Medications / supplements
- ✓ Water purification tablets
- ✓ Water purifier flask or jug
- ✓ Water for cleaning
- ✓ Heat source to boil water





SHELTER

Temporary

- ✓Tent
- ✓Vehicle
- ✓Makeshift from available materials



Semi-Permanent

- ✓Abandoned house / building
- ✓Trailer



FIRST AID



- ✓ Basic first aid skills are essential
- ✓ Almost anyone can learn these skills
- ✓ Hospitals and clinics may be overwhelmed
- ✓ Even if you don't need first aid, there will likely be people who need your help in emergencies
- ✓ Being fit and healthy as much as possible is key to preventing many injuries and illness requiring first aid



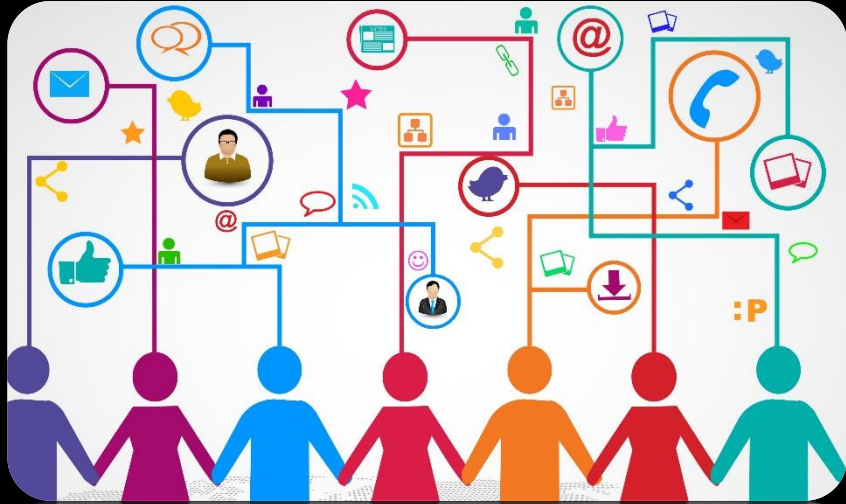


MEDICATIONS

- ✓ Ensure a full supply of prescriptions for all family members who require them
- ✓ Ask doctor if he can provide an emergency backup supply
- ✓ Look for herbal alternatives to prescriptions such as turmeric paste for arthritis or white willow for pain



COMMUNICATION - STAYING CONNECTED

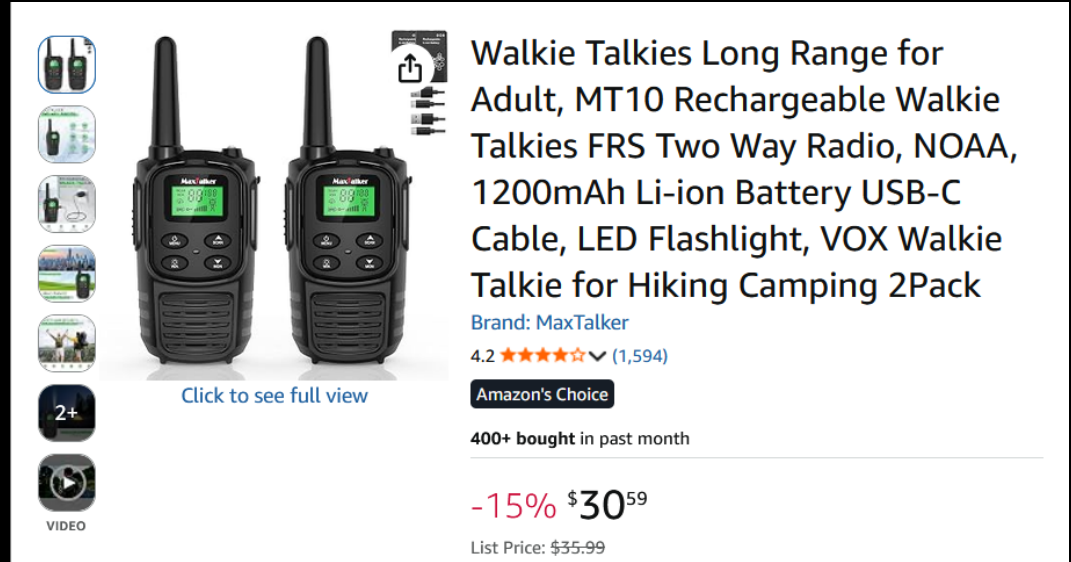


- ✓ Who will I need to connect with in an emergency?
- ✓ What forms of communication will be available/unavailable in an emergency?
- ✓ What communication protocol do I need to develop BEFORE the SHTF?



WALKIE TALKIES

- ✓ Always available even if phone / cell service is down
- ✓ Requires charging
- ✓ Easy to use
- ✓ Inexpensive
- ✓ Doesn't require a license
- ✓ Each family member can have their own



The image shows an Amazon product listing for MaxTalker MT10 Walkie Talkies. The main image displays two black walkie talkies side-by-side. To the left of the main image is a vertical strip of six smaller images showing various features and usage scenarios. To the right of the main image is a small icon of a USB-C cable. Below the main image is a link that says "Click to see full view". To the right of the main image is the product title: "Walkie Talkies Long Range for Adult, MT10 Rechargeable Walkie Talkies FRS Two Way Radio, NOAA, 1200mAh Li-ion Battery USB-C Cable, LED Flashlight, VOX Walkie Talkie for Hiking Camping 2Pack". Below the title is the brand name "Brand: MaxTalker", a 4.2-star rating with 1,594 reviews, and a badge that says "Amazon's Choice". Below that is the text "400+ bought in past month". At the bottom, the price is shown as "-15% \$30⁵⁹" with the list price of "\$35.99" crossed out.

Walkie Talkies Long Range for Adult, MT10 Rechargeable Walkie Talkies FRS Two Way Radio, NOAA, 1200mAh Li-ion Battery USB-C Cable, LED Flashlight, VOX Walkie Talkie for Hiking Camping 2Pack

Brand: MaxTalker

4.2 ★★★★★ (1,594)

Amazon's Choice

400+ bought in past month

-15% \$30⁵⁹

List Price: \$35.99





ENERGY

Heat, Light, Cooking, Charging



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HEAT



- ✓ Heat for warmth is essential in cold months
- ✓ Sources of heat:
 - ❖ Generator
 - ❖ Propane heater
 - ❖ Fire/firewood
 - ❖ Heating pad
- ✓ Safety is a concern with all sources of heat



LIGHT



- ✓ Many types of lighting can be used in emergencies
- ✓ Batteries will be required for portable lighting
- ✓ Power banks can be critical to maintain lighting in emergencies
- ✓ Solar panels can provide a renewable source of power but aren't good in all situations
- ✓ Each person on the family should have their own source of light



COOKING



- ✓ When forced to leave your residence for longer periods of time, cooking will become necessary
- ✓ Prepare for enough fuel until you can either return or find permanent residence
- ✓ Hunting for small game requires the skill of preparing the meat for eating





HUNTING AND FORAGING

- ✓ It may become necessary to hunt and forage for food if you're forced to leave home for an extended period
- ✓ It's best to learn these skills in advance by taking a course or learning from an experienced practitioner how to hunt and prepared meals from small game
- ✓ Foraging is easier, but learning what plants are safe also requires skill.



ELECTRICITY



- ✓ Power banks can provide power for:
 - ❖ Electronic devices
 - ❖ Power tools
- ✓ Generators can provide power for
 - ❖ Appliances
 - ❖ Equipment





FINANCIAL

Cash, Debt, Investments



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EMERGENCY CASH



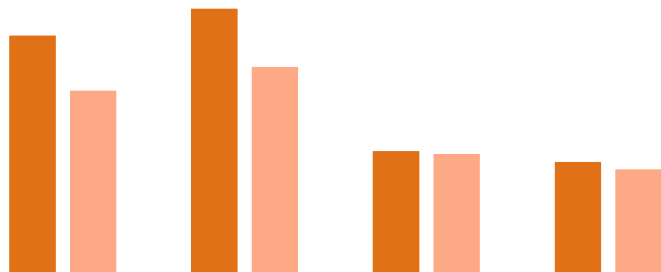
- ✓ Why do I need cash?
 - ❖ Universally accepted
 - ❖ Multiple denominations for different emergency supplies
 - ❖ Power failures – ATM's and credit cards require power
 - ❖ Cheques likely not accepted due to rampant fraud in emergencies





Family Budget

■ Income ■ Expenses



- Discuss finances with family
- Set priorities
- Reduce expenses
- Find additional sources of income

- Read books on financial management
- Discuss banking options with bank manager



FINANCIAL PLANNING FOR EMERGENCIES



- ✓ Consider family budget
- ✓ Prioritize for 3-day emergencies first
- ✓ Set up a savings account for emergencies
- ✓ Be prepared to support others – involve community if possible





SECURITY

Firearms, Alarms, Online, Other



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PROTECTING MYSELF AND MY FAMILY



✓ Tools for Defence

- ❖ Knives
- ❖ Firearms
- ❖ Alarms

✓ Wearables

- ❖ Face and hands protection
- ❖ Foot protection
- ❖ Raingear
- ❖ Vests

✓ Tactical Gear, Alarms & Accessories

✓ Firearm Licensing





✦ Search Assist



A Canadian firearms license, known as a Possession and Acquisition License (PAL), allows individuals to legally possess and acquire firearms and ammunition in Canada. To obtain a PAL, applicants must complete a safety training course, pass a background check, and be at least 18 years old. [Wikipedia](#) [Government of Alberta](#)



≡ Search Assist



Yes, bear spray is legal in Canada, but it must be labeled for use on animals and is intended for use in wilderness areas where bear encounters may occur. Carrying bear spray in urban areas can lead to legal issues, as it may be considered a concealed weapon. torontodefencelawyers.com > [Government of Canada](#)



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TRANSPORTATION

Vehicle, Public Transit, Bicycle, Other



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VEHICLE



- ✓ A well-maintained vehicle is a critical element of preparedness
- ✓ A solid relationship with a trustworthy mechanic ensures that when things go wrong, problems can be addressed promptly
- ✓ Ensure you have jumper cables, spare bulbs or any part that may malfunction available if possible
- ✓ Be prepared to live in your vehicle if an emergency requires you to leave home



PUBLIC TRANSIT



- ✓ If your vehicle, for whatever reason, cannot be used to escape a situation, prepare to take whatever public transit is available.
- ✓ Coordinate with others who may be able to rent a van to allow more people to leave quickly and avoid clogging up the highways
- ✓ Learn the bus, train, flight schedules for local regions



BICYCLE



- ✓ In a worst-case scenario, when the roads are inaccessible, prepare to use a bicycle
- ✓ Ensure that the bicycle is well-maintained and that you have your emergency backpack nearby to leave your home
- ✓ Make sure to bring weather gear because you'll be exposed to the elements.
- ✓ A compact, lightweight tent should be included along with extra socks and waterproof boots
- ✓ A bike trailer with supplies is helpful but can also be a liability because it will slow you down



OTHER FORMS OF TRANSPORTATION



✓ Electric bikes

- ❖ Require charging – locate charging stations and keep list handy
- ❖ Electric scooters

✓ Motorcycles

- ❖ Compact, can travel almost anywhere fast
- ❖ Can carry heavier supplies

✓ Wagons

- ❖ Used for foot travel
- ❖ Allows for more supplies





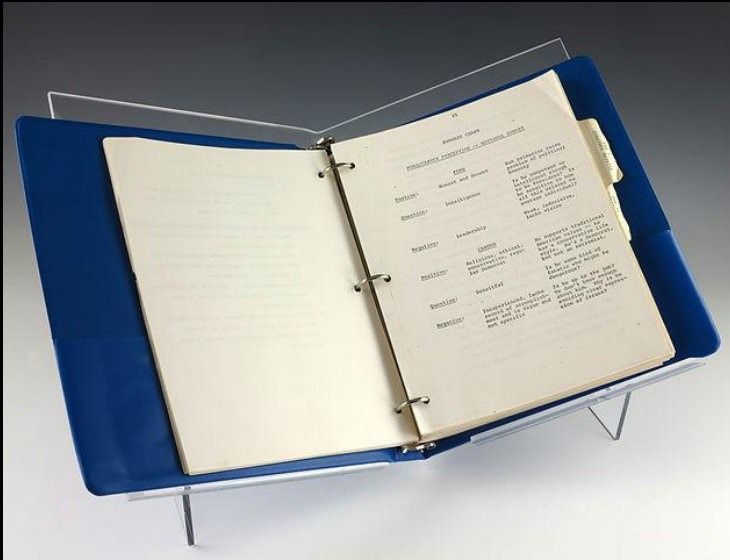
DOCUMENTS

Financial, Legal, Health, Travel, Other



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PERSONAL AND FAMILY DOCUMENTS



- ✓ Legal / financial / business documents and contracts
- ✓ Printed contact list
- ✓ Passport and travel documents
- ✓ Photocopies of identification
- ✓ Store electronic copies of everything on USB stick
- ✓ Cash





Will I need
to move
myself or my
family out of
the country?





COMMUNITY

Support, Resources, Long Term Planning

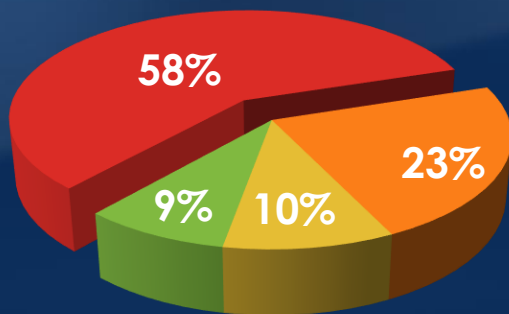


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Community Planning Budget

■ Food ■ Water ■ Shelter ■ Security



Community S.W.O.T. Analysis
Strengths: What resources does my community have to share?

Weaknesses: What problems does our community have that impact our emergency preparedness?

Opportunities: What collaboration and connections can we create with other groups?

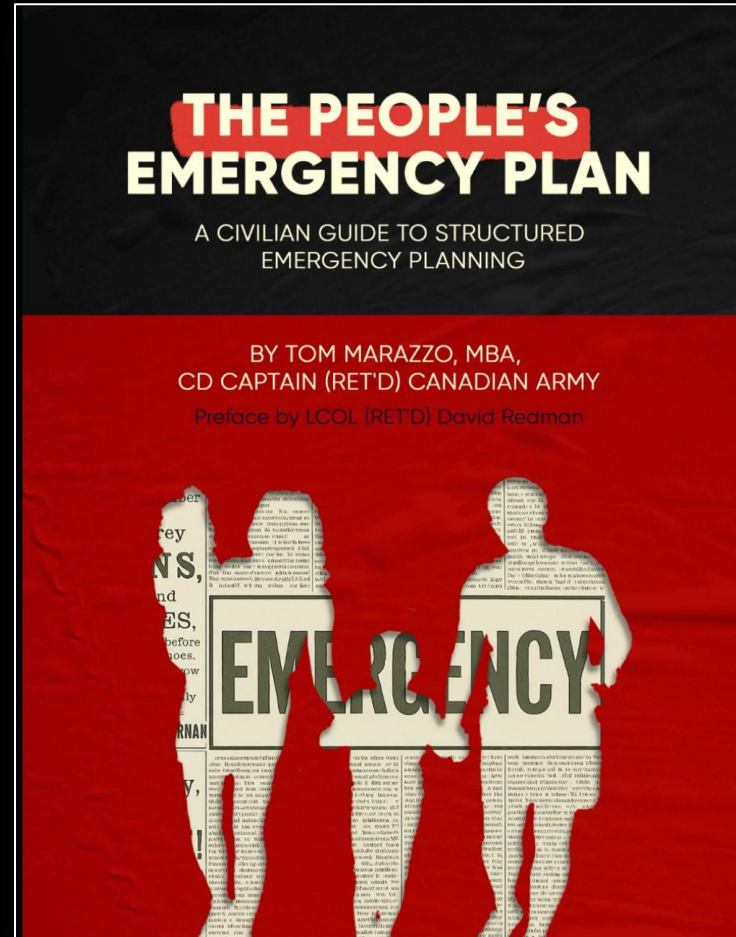
Threats: What challenges do we need to be aware of from outside the community?



COMMUNITY ORGANIZING FOR EMERGENCIES

Tom Marazzo, MBA
CD Captain (retired)
Canadian Army

[YouTube Playlist](#)

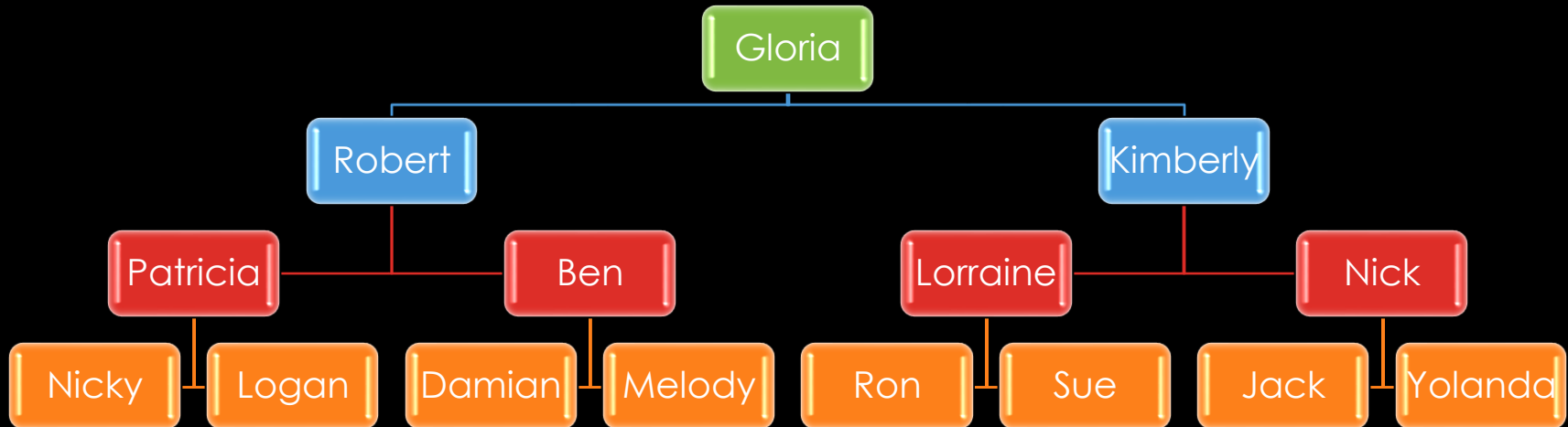


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NEIGHBOURHOOD CALL TREE



Phone trees simplify the process of updating a group of people about emergency information





FINALIZING YOUR PLAN

- ✓ Once you complete your **Personal/Family Emergency Preparedness Plan** document you'll have an excellent tool to begin working on the steps that you need to take to be fully ready for most emergencies.
- ✓ **Important:** Mental, physical, emotional and spiritual well-being is as important as all other forms of preparation. Many people overlook this!
- ✓ **Note:** You will NEVER be ready for every emergency!





LOCAL AND ONLINE RESOURCES

Where can I start? Who can help me?



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WORKSHOP VIDEO



FAMILY EMERGENCY PREPAREDNESS WORKSHOP



<https://joyofresilience.com>



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VEHICLE PREPAREDNESS 101





Emergency Backpack Kit

<https://72hours.ca/>



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FIRST AID COURSES (BRANTFORD)



- ✓ <https://firstaid4u.ca>
- ✓ (866) 966-4566
- ✓ 505 Park Rd. N, Unit 209,
Brantford, ON
- ✓ Online / In Person Courses



SELF-DEFENSE SKILLS – BRANTFORD, ON



1. Brantford Black Eye Boxing Club
Fitness Center
15 Webling St
Brantford ON N3S 2S8

2. TRIPLE ARTS
Fitness Center
625 Park Rd N
Brantford ON N3R 7B5

3. Infinum Brazilian Jiu Jitsu
Fitness Center
168 Charing Crossing St
Brantford ON N3R 2J4

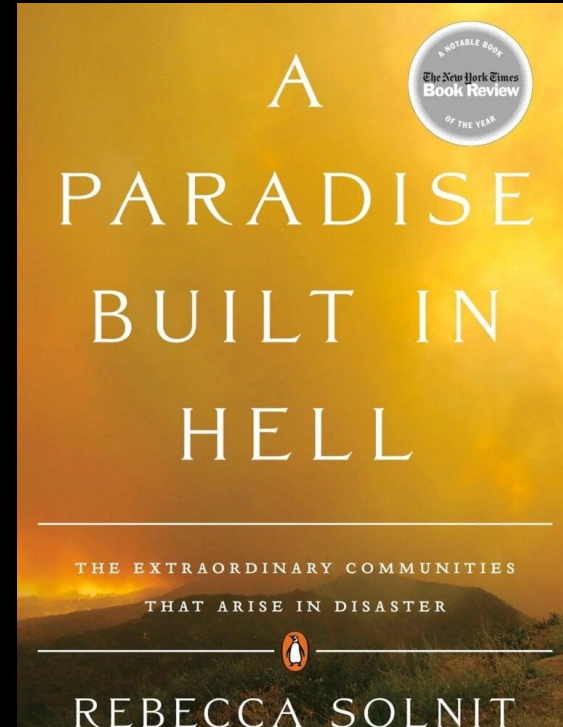
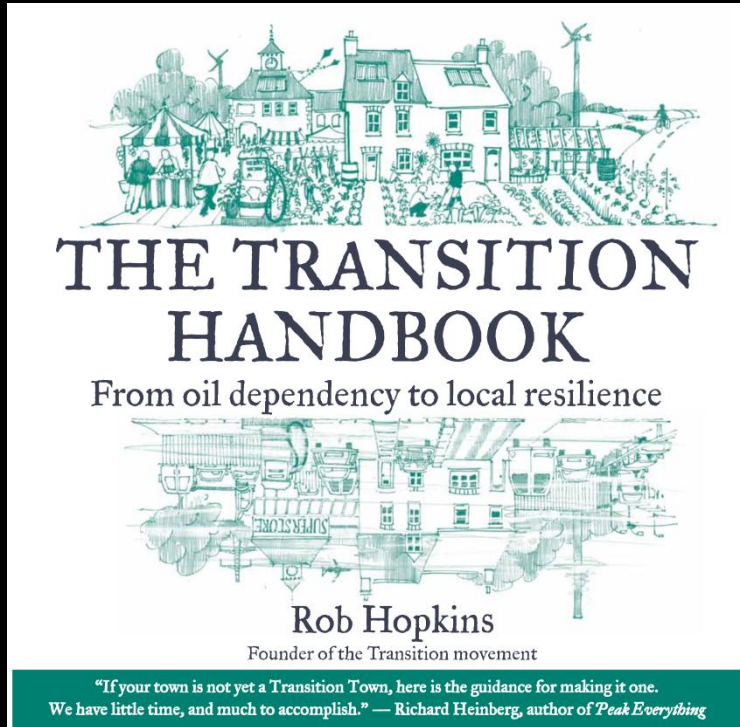
4. Caged Dragon MMA Training & Fitness Centre
Fitness Center
57 Copernicus Blvd
Brantford ON N3P 1N4

5. United Family Martial Arts Centres
Fitness Center
185 King George Rd
Brantford ON N3R 7R9

6. D&D United Black Belt
Fitness Center
174 Stanley St
Brantford ON N3S 7S3

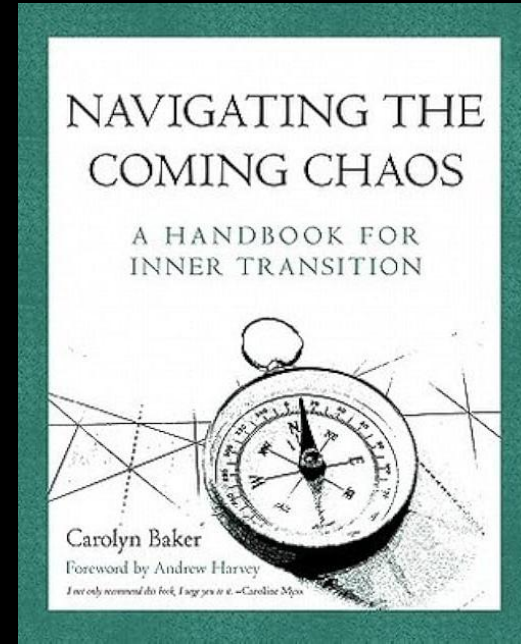
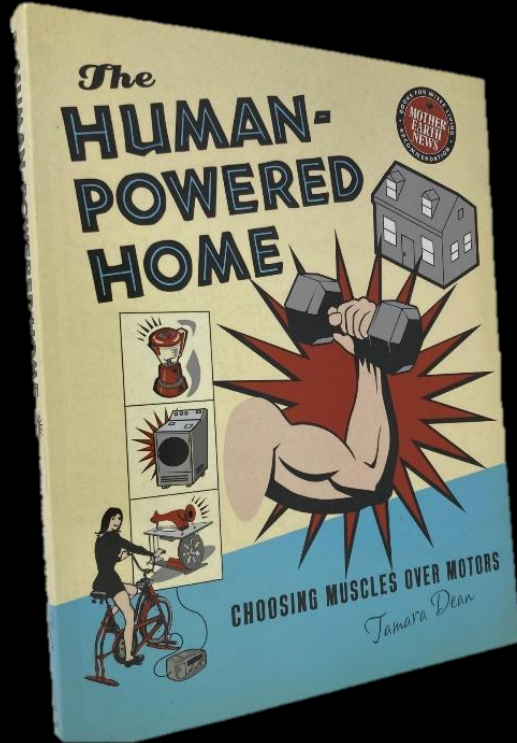


BOOKS TO EDUCATE AND INSPIRE



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CONTINUED LEARNING



CONTINUED LEARNING



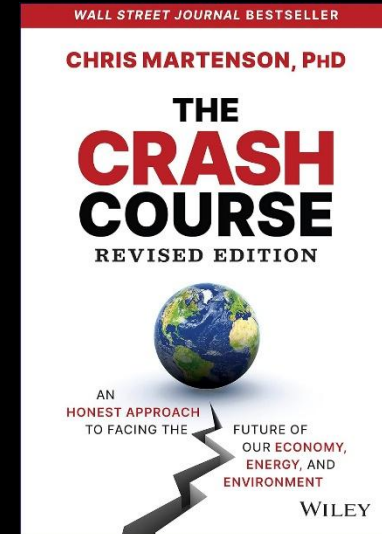
Crash Course Video Series - FREE



The Crash Course Introduction



WELCOME TO
THE CRASH COURSE



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ADDITIONAL ONLINE RESOURCES

- ✓ [Canadian Government Emergency Preparedness](#)
- ✓ [Emergency Management Ontario](#)
- ✓ [Emergency Preparedness - City of Brantford](#)
- ✓ [Hazard Identification and Risk Assessment Workbook](#)
- ✓ [72 Hours Emergency Kit](#)
- ✓ [How Much Food Do I Need](#)
- ✓ [How Much Water Do I Need](#)
- ✓ <https://selfsufficientprojects.com/>
- ✓ [Urban Tactical Brantford](#)
- ✓ [Firearm License Canada](#)
- ✓ [Free First Aid Course Online Course](#)
- ✓ [How a Car Works – FREE Online Course](#)
- ✓ [Permaculture course](#) (Free)
- ✓ [Foraging course online](#) (Free)
- ✓ [Hunting Training Online Course - Ontario \(\\$60 CDN\)](#)
- ✓ [Game meat preparation and cooking course](#) (YouTube video)
- ✓ [Emergency Overnight Shelter – Video Tutorial](#)
- ✓ [Ham Radio \(Free YouTube Crash Course\)](#)
- ✓ [Call tree community plan](#)



DOWNLOADABLE RESOURCES



**Emergency Preparedness
Download Resources**

Use security code: RD0I4Q to access



Online Links to additional resources:
<https://joyofresilience.com/family-emergency-preparedness/>



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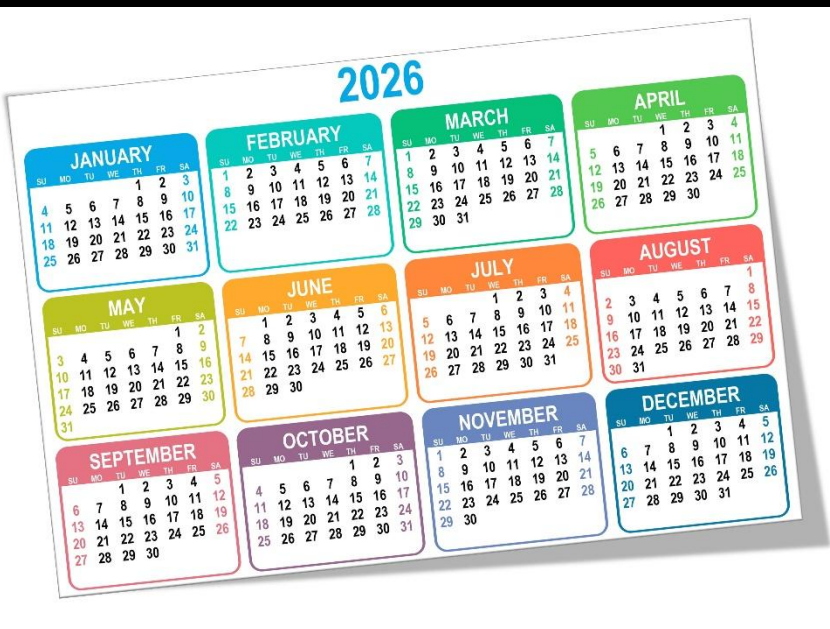
LONG TERM SURVIVAL AND LIFESTYLE CHANGES



- ✓ Plan for the best, but prepare for the worst
- ✓ Life-altering changes
 - ❖ Catastrophic health issues
 - ❖ Loss of loved ones
 - ❖ Loss of job/business
- ✓ Understand the grieving process
- ✓ Develop community
- ✓ Move to a new city, province, country
- ✓ Learn a new language, culture



NEXT STEPS



MASTER WORKSHOP SCHEDULE

Effective Date: Sat 28-Mar-2026



DATE	EVENT NAME	START TIME	FINISH TIME
Sat 21-Mar-2026	Family Emergency Preparedness	1:00 PM	2:30 PM
Wed 1-Apr-2026	Family Emergency Preparedness	7:00 PM	8:30 PM
Wed 8-Apr-2026	Financial Resilience Fundamentals	7:00 PM	8:30 PM
Sat 11-Apr-2026	Emotional & Spiritual Resilience	1:00 PM	2:30 PM
Sat 11-Apr-2026	Intro to Hypnosis CBT /NLP/ Life Coaching	3:00 PM	4:30 PM
Wed 15-Apr-2026	Intro to Plant Spirit Medicine	7:00 PM	8:30 PM
Sat 18-Apr-2026	Family Emergency Preparedness	1:00 PM	2:30 PM
Sat 18-Apr-2026	Introduction to Digital ID, CBDC's	3:00 PM	4:30 PM
Wed 22-Apr-2026	Grief and Healing - Journey to Resilience	7:00 PM	8:30 PM
Sat 25-Apr-2026	Minimalist Lifestyle - Live More, Stress Less	1:00 PM	2:30 PM
Sat 25-Apr-2026	Meditation for Beginners	3:00 PM	4:30 PM
Wed 29-Apr-2026	Financial Resilience Investing	7:00 PM	8:30 PM
Sat 1-May-2026	Vehicle Preparedness 101	10:00 AM	4:00 PM
Wed 6-May-2026	Minimalist Lifestyle - Live More, Stress Less	7:00 PM	8:30 PM
Sat 9-May-2026	Family Emergency Preparedness	1:00 PM	2:30 PM
Sat 9-May-2026	Meditation for Beginners	3:00 PM	4:30 PM
Wed 13-May-2026	Financial Resilience Fundamentals	7:00 PM	8:30 PM
Sat 16-May-2026	Statutory Holiday/Vacation		
Wed 20-May-2026	Intro to Plant Spirit Medicine	7:00 PM	8:30 PM
Sat 23-May-2026	Introduction to Digital ID, CBDC's	1:00 PM	2:30 PM
Sat 23-May-2026	Grief and Healing - Journey to Resilience	3:00 PM	4:30 PM
Wed 27-May-2026	Financial Resilience Investing	7:00 PM	8:30 PM
Sat 30-May-2026	Resilience X Program Day 1 & 2	10:00 AM	4:00 PM
Wed 3-Jun-2026	Financial Resilience Fundamentals	7:00 PM	8:30 PM
Sat 6-Jun-2026	Family Emergency Preparedness	1:00 PM	2:30 PM
Sat 6-Jun-2026	Introduction to Digital ID, CBDC's	3:00 PM	4:30 PM
Wed 10-Jun-2026	Intro to Plant Spirit Medicine	7:00 PM	8:30 PM
Sat 13-Jun-2026	Resilience X Program Day 1 & 2	10:00 AM	4:00 PM
Wed 17-Jun-2026	Grief and Healing - Journey to Resilience	7:00 PM	8:30 PM
Sat 20-Jun-2026	Minimalist Lifestyle - Live More, Stress Less	1:00 PM	2:30 PM
Sat 20-Jun-2026	Meditation for Beginners	3:00 PM	4:30 PM
Wed 24-Jun-2026	Financial Resilience Investing	7:00 PM	8:30 PM
Sat 27-Jun-2026	Family Emergency Preparedness	1:00 PM	2:30 PM
Sat 27-Jun-2026	Intro to Hypnosis CBT /NLP/ Life Coaching	3:00 PM	4:30 PM
Wed 1-Jul-2026	Statutory Holiday/Vacation		



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FEEDBACK WELCOME!



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<https://joyofresilience.com>

