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November 26, 2021

Dear Members,

Re: Joint Memo – Survey: Five Resilience Factors (5RF) Resource

The mental wellbeing, health and safety of our members is a key priority for both BCEHS and APBC. In March of this year, we jointly released the **5RF Workbook**, a resource for staff to help strengthen their psychological resilience. We are asking you to complete a brief (10 minute) anonymous questionnaire in regard to the 5RF Workbook. Please click [here](#) to view the joint memo in full.

Sincerely,

A handwritten signature in black ink, appearing to read 'Troy Clifford', is located below the word 'Sincerely,'.

Troy Clifford
Provincial President
Ambulance Paramedics of BC
CUPE Local 873

TC/sb/MoveUp