



## **SPOUSE SUPPORT GROUP**

**WEDNESDAY  
DECEMBER 14TH  
7:00 PM  
VIA ZOOM**

The Spouse Support Group is a clinician-led group open to spouses/significant others and adult family members of first responders. Individuals are welcome to attend the group anytime. Enjoy time together with others living the first responder family life. Discover skills, support, and understanding of how to best thrive and deal with unique family challenges.

Facilitated by the FRF (FRST) First Responders Support Team, Behavioral Health. For more information visit [www.firstrespondersfoundation.org](http://www.firstrespondersfoundation.org). For Zoom login contact Leah O'Brien FRF Clinician at 402-440-9168 or [leah@firstrespondersfoundation.org](mailto:leah@firstrespondersfoundation.org).

