



STRONGER TOGETHER WORKSHOP

STRONGER TOGETHER is a proactive workshop for First Responders and their significant other, to prepare for traumatic/critical events together. Together you will walk through this training learning how traumatic/critical incidents affect yourself, your families and your friends. Participants will learn how these experiences can have a short term or permanent lasting effect upon individuals. By the end of this training each person will learn how to recover, heal, and strengthen resiliency following traumatic events by working stronger together. This free one time 4 hour class will extend careers, marriages, relationships and life!

October 24th from 8:30am-12:30pm

Facilitated by the First Responders Foundation FRST Team Behavioral Health.
For more information visit www.firstrespondersfoundation.org. To register email FRST@firstrespondersfoundation.org or call 402-218-1234 then press #2

