



SPOUSE SUPPORT GROUP

The Spouse Support Group is a clinician-led group open to spouses/significant others and adult family members of first responders. Individuals can attend a group whenever support is needed. The support group meets on the first Friday of every month from 3:30pm - 4:30pm. At this time, the group is held via Zoom. Contact the FRST Team for login information.

**The First Friday of Every Month
3:30-4:30pm via Zoom**

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

