



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 Thursday of every month from 6:00pm - 7:00pm. At this time, the group is held via Zoom. Contact the FRST Team for login information.

**The First Thursday of Every Month
6:00-7:00pm 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 contact Leah: 402-440-9168 or leah@firstrespondersfoundation.org or Tara: 402-598-6666 or tara_thomsen@yahoo.com

