



Spouse Sessions are held every other month and are tailored for spouses and significant others.

These sessions help families of first responders develop skills, support, and understanding of how to best survive the first responder life and family challenges. Typical sessions are two (2) hours in length.

SPOUSE SESSION

Monday, November 29th from 6-8pm, this month via Zoom

Facilitated by the First Responders Foundation FRST Team. To register go to:
<https://forms.gle/Wq8EY3iEb9B387YW9>

For more information visit www.firstrespondersfoundation.org.

FRST@firstrespondersfoundation.org or call 402-218-1234 Option 1 then press #2.

