



# First Responders Foundation



## STRONGER TOGETHER WORKSHOP

**STRONGER TOGETHER** is a proactive workshop for First Responders and their significant support person in their life, 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!

**Workshops in 2022 will be held on  
March 5th  
June 4th  
September 10th  
November 5th  
from 8:00am-12:00pm**

Facilitated by FRST - First Responders Support Team  
For more information visit [www.firstrespondersfoundation.org](http://www.firstrespondersfoundation.org). Register below or email [FRST@firstrespondersfoundation.org](mailto:FRST@firstrespondersfoundation.org) / call 402-218-1234 then press #2

