

# First Responders Foundation



## WITH HONOR WORKSHOP

July 26th  
October 27th  
from 6:00-8:00pm

### **With Honor Workshop**

When a first responder's career comes to an end the residual effects of the work do not fade away easily. This workshop will include adjusting to a new identity in career/life. This two-hour (2) workshop helps provide knowledge and skills to first responders to prepare, adjust and grow when their career ends, and to do so With Honor.

Facilitated by the First Responders Support Team - FRST  
**For more information and to register see below or  
contact [FRST@firstrespondersfoundation.org](mailto:FRST@firstrespondersfoundation.org) or  
call 402-218-1234 then #2**

