



First Responders Foundation



Peer Support Group

Peer Support Groups are open to all first responders in the community. Trained peers lead these supportive, confidential meetings. The trained peers are committed to helping colleagues manage the stress of the job in a healthy way and to supporting others in stress management. Clinicians are consulted as needed to support group needs. This free support group is typically one (1) to one and a half (1.5) hours in length.

For more information
visit www.firstrespondersfoundation.org,
email frst@firstrespondersfoundation.org
or call 402-218-1234 then press #2.

**Group meets the
last Thursday
of the month.**

From 7-8pm

**Located at the
Foundation.**



Scan QR Code for
additional information