



# First Responders Foundation



## Resiliency Training Kearney Police Department Only

Resiliency Training enables participants to learn how to expend, recover, heal, and replenish their resiliency to maintain healthier lives and careers. This is critical training for all first responders, whether they are just beginning their career or have been in the trenches for several years. This 2 hour training meets the continuing education requirements for all law enforcement.

**September 27th**  
**10:00 AM - Noon or 4:00 PM - 6:00 PM**  
**or**  
**September 28th**  
**10:00 AM - Noon or 4:00 PM - 6:00 PM**

**Kearney Police Department**



Scan to register for  
this Free Training

Brought to you by



**Facilitated by Jason Workman, Director of Behavioral Health. LIMHP, LMHC, LADC, CCTP**

Jason is a Licensed Independent Mental Health Practitioner, Licensed Alcohol and Drug Counselor, and a Clinically Certified Trauma Professional. Along with serving as Director of Behavioral Health at the First Responders Foundation, he is also a Law Enforcement Chaplain, Nebraska CISM team member and state trainer. Jason's experiences include previously serving as a firefighter/EMT in Northern California, Child Protective Services (investigations), Nebraska Department of Correctional Services, and Nebraska State Probation.



For more information visit [www.firstrespondersfoundation.org](http://www.firstrespondersfoundation.org),  
email [frst@firstrespondersfoundation.org](mailto:frst@firstrespondersfoundation.org) or call 402-218-1234 then press #2.