



# First Responders Foundation



## Resiliency / Mental Health Wellness Training

Resiliency training enables participants to learn how to expend, recover, heal, and replenish their resiliency to maintain healthier lives and careers. The mental health wellness portion will help provide awareness and skills to help with the mental health challenges of the job. This is critical training for all first responders, whether they are just beginning their careers or have been in the trenches for several years. This is a 3-hour training session.

**November 8, 2022  
8:30AM - 11:30AM**

**ISP Post 11 – Cedar Rapids**



Scan to register for  
this Free Training



**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.**