

First Responders Foundation



MEDICAL SUPPORT GROUP

**WEDNESDAY
DECEMBER 7TH
6-7:00 PM**

**FIRST RESPONDERS FOUNDATION
WELLNESS CENTER
10605 BURT CIRCLE
OMAHA, NE 68114**

This support group is clinician-led with the target audience being medical providers dealing with trauma on a daily basis. This support group is for the trauma teams, trauma transport, and medic teams. The group focuses on managing one's self in the midst of crisis, recovery from daily shift work, critical incidences, and continued self-care to mitigate the effects of long-term crisis engagement. This group meets for one hour.

Facilitated by (FRST) First Responders Support Team, Behavioral Health.
For more information visit www.firstrespondersfoundation.org.
or email FRST@firstrespondersfoundation.org.

