



Peer Support Training (Basic)

Peer support teams or individuals are a critical and needed support in departments today. Becoming trained in peer support will enable participants to help peers combat the effects of acute traumatic stress, cumulative stress, trauma, PTSD, and life stressors. This educational training helps individuals be prepared and ready to support colleagues when needed most. Being proactive in peer support can help greatly decrease the adverse effects of trauma experiences and can help prevent first responder suicides. Training will involve initial team start-up (if applicable), understanding peer support, building skills in intentional communication, and suicide awareness and intervention. Peer Support Training (basic) is 21 hours of training over a three-day (3) period. A certificate of completion is given to individuals who complete the training in its entirety.

January 16th, 17th, 18th, 2024
9:00am - 4:00pm
Location: 10605 Burt Cir, Omaha
Cost: \$250/per person

To Register, visit www.firstrespondersfoundation.org/training or email Leah at leah@firstrespondersfoundation.org.