



First Responders Resiliency, Inc.

Mission

First Responders Resiliency Inc., is a non-profit organization created “for first responders, by first responders” and dedicated to the psychological and physical well-being of those who serve in the industry.

We further our mission by:

- ✓ Providing first responders with the necessary skills to promote resiliency
- ✓ Developing programs to prevent and address trauma among first responders to support their physical, emotional, and relational well-being
- ✓ Training first responders how to implement wellness techniques on the job and in everyday life
- ✓ Providing early resiliency education for first responder candidates
- ✓ Encouraging those who have served or retired to become peer mentors

Resiliency Training Announcement

- CLASS:** Resiliency Training For Families of First Responders
- HOST:** Geyserville Fire Protection District
- LOCATION:** 20975 Geyserville Ave.
Geyserville, CA 95441
- DATE:** November 17, 2018
- TIME:** 1:00 PM-3:00 PM



Seating is limited, please reserve your seats early!

Please RSVP: anewhall@ci.healdsburg.ca.us

Until now, there has been little to no training for families of first responders, and care for first responders has been geared around peer counseling, medication, and talk therapy...a *reactive* approach. Although good on one level, this treatment simply does not address the underlying and complex issues all first responders face during their careers, and does not prepare them or their families for the issues they will face together.

First Responders Resiliency, Inc. takes a *proactive* approach to this issue with comprehensive and holistic education and training. Participants will learn techniques and tools which address not just the psychological, but the physical, neurological, emotional and relational elements which will affect everyone in the industry, including their families.

