

Make an impact on the lives of your first responders and their families. Prepare and respond to the trials and traumas of service.

Join us for: Peer Support, Resiliency, and Suicide Prevention A class on responding to service during troubling times.

Our officers, firefighters, EMTs, jailers, dispatchers, all first responders and those who support them have never faced such challenging times. We want them all to be safe and fulfilled at work, happy and restful at home. This takes a focused effort to do better.

In this class, students will learn practical tools for year-round peer support, resiliency, and suicide prevention. These are tools currently being utilized at departments of all sizes, most requiring little or no budget to implement.

Effective peer support begins before a critical incident and continues throughout an officer's career. Building connections and a team departmental atmosphere should be the focus of any peer team. This class will give you clear direction for impacting your officers regardless of your department's size, budget, and resources. Whether you are currently on a peer team or just would like tools for supporting your fellow officers, this class will enable you to make an impact on the lives of those whom you serve.

After completing this training, students will be able to:

Prepare for critical incidents before they happen.

Learn critical skills for dealing with the impact of critical incidents.

Investigate the connection between suicide, PTSD, and the traumas of service.

Address the impact of service on family and personal issues and how to find balance at work and at home.

Learn tools for helping officers make healthy transitions from conditions of trauma.

Create a culture of resiliency and pro-active community awareness for first responder issues.

Learn and use simple peer support tools that can be used in your department and your community.

Class Date:

Date: May 15th and 16th, 2024

Time: 8:00am to 4:30pm

Location: Town & Country Inn and Suites, 110 N. 54th Street, Quincy, IL

For:

Any First Responder including all staff

RSVP:

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