

First Responder Training

Hosted by Macoupin and
Montgomery County ROSC



✓ Understand the Importance of Support Systems

Learn why having a strong network is crucial for personal and professional growth.

✓ Identify Key Components

Discover the essential elements of a supportive network, such as trust, reciprocity, and effective communication.

✓ Build and Nurture Relationships

Develop strategies for initiating and maintaining meaningful connections, including networking techniques and relationship management skills.

Fortifying the Foundation: Building a Strong Support System

Navigating Career Shifts

✓ Understand and prepare for the various transitions some may experience throughout their careers.

✓ Focuses on building resilience, developing healthy coping strategies, maintaining physical and mental wellness, and recognizing how factors such as family, health, education, and timing can influence career decisions.

Event Details:



**Wednesday, October
28th, 2026**



10:00am - 2:00pm



**20733 N Broad St,
Carlinville, IL 62626**

**Carlinville Area Hospital
Community Room**

Lunch will be provided.

Pending ILETSB Credits



If you have any questions, please contact
training@100clubil.org

REGISTER HERE

Funded in whole or in part by the Illinois Department of Human Services, the Division of Behavioral Health and Recovery.