



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 First Responders

HOST: Healdsburg Fire Dept.

LOCATION: 601 Healdsburg Ave.
Healdsburg, CA 95448

DATE: November 16-17, 2018

TIME: 0800-1700



Seating is limited, please reserve your seats early!

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

Until now, 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.

First Responders Resiliency, Inc. addresses these issues with their comprehensive and holistic approach to address, not just the psychological, but the physical, neurological, emotional and relational elements which will effect everyone in the industry.

