

IAFF PEER SUPPORT TRAINING

Developed and Delivered by Peers

June 26-27, 2018

Learn and practice skills to effectively become a peer counselor
and establish your own peer support team

▶ **Attend this important training opportunity if you have ever:**

- Worried about a brother or sister
- Seen signs of substance abuse, family problems, post-traumatic stress, depression, anxiety or major stress
- Wanted to reach out and offer support
- Felt uncertain about what to say or how to reach out

This program is designed specifically for fire fighters, EMS providers, dispatchers, chaplains, retirees, and behavioral health specialists — and any member of the fire service (of any rank!) interested in supporting brothers and sisters during tough times.

▶ **This peer-led training will teach you how to:**

- Develop a Peer Team for your department
- Approach a brother or sister of concern
- Establish trust and confidentiality
- Determine whether a crisis is developing
- Refer the person to available resources

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PRE-REGISTRATION IS REQUIRED.

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Santa Rosa Fire Fighters
555 South E Street
Santa Rosa, CA 95404

For more information, contact Tim Aboudara at tim.aboudara@srrf.org

