

TRAINING OPPORTUNITY

FIRSTLINE



Firstline Responder Stress and Trauma Healing

Faith-Based Two-Day Course

April 1 – 2, 2019 7:30 a.m. – 5:00 p.m.

Training Location:

Mountain Lake Church 3105 Dahlonega Hwy Cumming, GA 30040

For many police officers, firefighters, and paramedics, the stress doesn't end when they flip off the siren and leave the scene of an incident. The sights, sounds, and smells of the experience follow them home and, if left unaddressed, begin to chip away at their mental, emotional, and spiritual well-being.

The situation reaches critical as these responders struggle to find a healthy coping mechanism.

The stress at work begins to impact life at home, and the very heroes who respond to the emergencies of others now find themselves in the midst of their own personal emergencies. .

Interactive Discussions Include:

The Gateways of Trauma

The Roots of Trauma

Finding Purpose in Your Pain

Making Choices to Heal

Dealing with Anger

Loss and Grief

Depression and Suicide

Guilt and Innocence

Receiving and Giving Forgiveness

Armoring Up for Future Attacks

- Participation must be completely voluntary.
- This course may not be used for disciplinary action or fit for duty assessments.
- Practices and beliefs of the Christian faith are discussed in this course.

NO COST TO PARTICIPANTS!

Field Guide and T-shirt provided.

16-Hours Training Credit

Georgia Peace Officer Standards and Training

Georgia Firefighter Standards and Training

State Office of Emergency Medical Services

POST Course Number: NGM81G

Breakfast, lunch and snacks provided.

Complete necessary Training Requests from your respective agency.

For more information or to register, contact: Dale Henderson

cdhenderson@forsythco.com

