



TRAINING OPPORTUNITY FAITH-BASED 2-DAY STRESS AND TRAUMA HEALING COURSE

OCTOBER 19 - 20, 2020 7:30 a.m. – 5:00 p.m.

Host 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 Certificate 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
Class size is limited.

Lunch provided.

Once you are approved by your agency to attend or otherwise confirmed,, register at www.info@centurionsfaith.org
Info contact dale@centurionsfaith.org
Names will be taken in order of post mark on email.
Serious inquiries only, please.