

PUBLIC SAFETY · FIRST RESPONDER

PEER SUPPORT RETREAT

This is a 3 day / 2 night retreat held at our Eagle Creek Retreat Center in Idyllwild, California. This workshop is designed for individual Peer Supporters who routinely support others through critical incidents, cumulative trauma, and occupational stress. Participants will step out of their support role and focus on their own restoration and resilience. Alongside peer support members from various agencies, attendees will strengthen stress-management skills, enhance mental performance using evidence-based mitigation strategies, and develop a personalized wellness plan.

Objectives:

- Identify signs and symptoms of compassion fatigue, burnout, and secondary traumatic stress
- Assess personal stress levels and coping capacity
- Apply practical self-regulation and resilience skills
- Clarify personal values and boundaries
- Differentiate between helping, overfunctioning, and rescuing
- Develop a personalized resilience and selfcare plan
- Create a realistic post-retreat aftercare plan



SCAN THE QR CODE TO LEARN MORE

Your career and role as a peer supporter focuses on crisis and traumatic events. With the chronic cumulative stress in your role, you can take time to balance and decompress.