

PUBLIC SAFETY | FIRST RESPONDER

# TRAUMA AND RESILIENCE RETREAT

It is common and normal for people to feel emotional aftershocks following a tragic event. Designed by experts in treating traumatic stress injuries, this retreat provides insight, healing, education, and support. We will work together to address personal difficulties and occupational trauma. Leave renewed with improved overall mental performance and a plan to implement healthy practices.

This 4 day / 3 night retreat is held at our Eagle Creek Retreat Center in Idyllwild, California. Come explore the sacrifices and rewards of your experience as a First Responder.

## Objectives:

- Post traumatic stress injuries & mental health
- Tools to process trauma exposure & occupational stress
- Improve overall mental performance and wellbeing
- Focus on unresolved grief, anger, and frustrations
- Create a value based plan for self improvement
- Resilience workshop
- Burnout and compassion fatigue
- One-on-one counseling
- Stress reduction and healing practices



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**Email: [retreats@frhealth.com](mailto:retreats@frhealth.com)**