

COURAGE • GROWTH • COMMITMENT

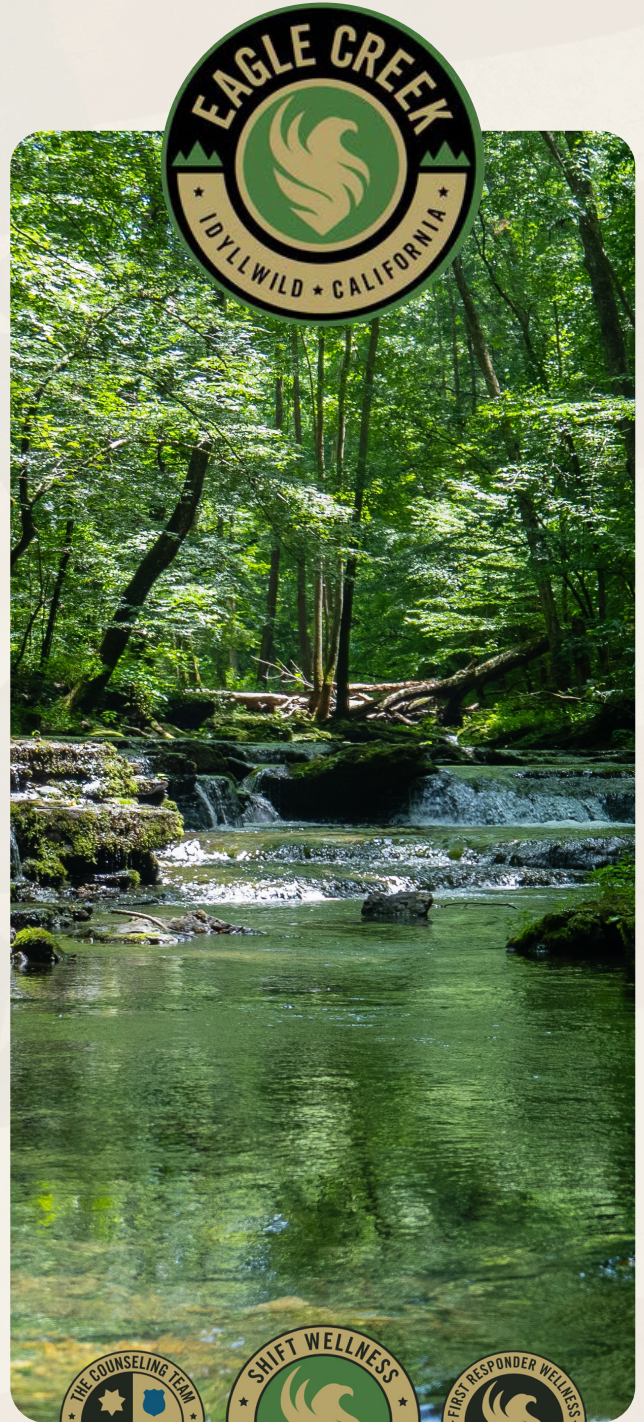
WELLNESS AND TEAM BUILDING

Experiencing stress and witnessing traumatic events can have a lasting impact, as symptoms may linger for months or even years if not properly addressed. Whether you are a first responder, professional staff, or hold a leadership role, you may find that you tend to push down feelings and carry on as usual, even though you may be struggling to process high levels of stress, fear, guilt, and grief.

The retreat is specially designed so you can learn to identify necessary skills for stress reduction and mental health mitigation techniques to improve overall mental performance. This is a 3 day / 2 night retreat.

Objectives:

- Resilience workshop
- Teamwork: mission, vision, values, and goal setting
- Stress reduction and healing practices
- Burnout and compassion fatigue
- Post traumatic growth practices and healing
- One-on-one counseling
- Create a healthy plan for yourself, family, and team



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