



First Responders Foundation



Resiliency Training

Resiliency Training enables participants to learn how to expend, recover, heal, and replenish their resiliency to maintain healthier lives and careers. This is critical training for all first responders, whether they are just beginning their career or have been in the trenches for several years. This is a 2-hour training.

**August 23rd or 25th 8:00-10:00 AM
or August 23rd 7:00-9:00 PM**

**Grace United Methodist Church
311 2nd Ave W. Spencer, IA**



Scan to register for
this Free Training



Facilitated by Jason Workman, Director of Behavioral Health.
LIMHP, LMHC, LADC, CCTP

Jason is a Licensed Independent Mental Health Practitioner, Licensed Alcohol and Drug Counselor, and a Clinically Certified Trauma Professional. Along with serving as Director of Behavioral Health at the First Responders Foundation, he is also a Law Enforcement Chaplain, Nebraska CISM team member and state trainer. Jason's experiences include previously serving as a firefighter/EMT in Northern California, Child Protective Services (investigations), Nebraska Department of Correctional Services, and Nebraska State Probation.

**For more information visit www.firstrespondersfoundation.org,
email frst@firstrespondersfoundation.org or call 402-218-1234 then press #2.**