



# First Responders Foundation

**FRF is bringing a variety of free Behavioral Health and Physical Health classes to Spencer Iowa on August 23rd, 24th and 25th. All held at Grace United Methodist Church at 311 2nd Ave W.**

The First Responders Foundation exists to support first responders, veterans and their families. The Foundation offers many workshops, trainings, support groups, behavioral health and physical fitness classes. All of the classes are free of charge for first responders, veterans and their families, compliments of the FRF.



Scan QR Code To Register.

## 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 by FRF Dir. of Behavioral Health Jason Workman. Offered: **Tuesday, August 23rd, 8-10 am Tuesday, August 23rd, 7-9 pm Thursday, August 25th 8-10 am**

## Informational Lunches

Join the First Responders Foundation's Dir. of Behavioral Health, Jason Workman, and Dir. of Physical Training Brian Bonifas for lunch. Learn about the various programs, workshops and services that the Foundation has to offer. Jason and Brian will be happy to answer any of your questions. FRF is also interested in what programs or services you would like to see in the future. Please register/RSVP by 8/22/22.

**Tuesday, August 23th, 12-1 pm & Thursday, August 25th 12-1 pm**

## Spouse Social & Educational Information

Spouse Social & Educational Session is for spouses and significant others of first responders. Come for a social with light snacks and enjoy time together with others living the first responder family life. The educational part of the evening will help families of first responders discover skills, support, and understanding of how to best thrive in the first responder life.

**Offered: Wednesday, August 24th, 7-9 pm**



## Physical Health - Gracie Jujitsu

Gracie Jiu-Jitsu® Certified Training Centers (CTCs) are martial arts schools that are authorized to teach the proprietary self-defense programs developed by Gracie University Headquarters in Torrance, California. Gracie Jiu-Jitsu® Omaha is operated by our Director of Physical Training and Certified Gracie Jiu-Jitsu® Instructor Brian Bonifas. Brian has been involved in law enforcement since 2009. Offered:

Law Enforcement Jiu-Jitsu Based Arrest and Control Tactics:

**Tuesday 9-10am  
Tuesday 430-530pm  
Wednesday 430-530pm  
Wednesday 7pm-8pm  
Thursday 9-10am**

Gracie Bullyproof® Self Defense Class

**Tuesday 1030-1100  
Wednesday 1030-1100  
Thursday 1030-1100**

Women's Self Defense

**Tuesday 3pm-4pm  
Tuesday 7pm-8pm  
Wednesday 9-10am  
Wednesday 3pm-4pm  
Thursday 1130-1230**

**Registration required for all offerings. Scan QR Code or [www.firstrespondersfoundation.org](http://www.firstrespondersfoundation.org) (Training).**

**All offerings will be held at Grace United Methodist Church at 311 2nd Ave W. Spencer, IA.**

**FRF 10605 Burt Circle Omaha, NE [contact@firstrespondersfoundation.org](mailto:contact@firstrespondersfoundation.org) 402-218-1234**