



First Responders Foundation



Peer Support Training (Basic) Southwest Iowa

Peer support teams or individuals are a critical and needed support in departments today. Becoming trained in peer support will enable participants to help peers combat the effects of acute traumatic stress, cumulative stress, trauma, PTSD, and life stressors. This educational training helps individuals be prepared and ready to support colleagues when needed most. Being proactive in peer support can help greatly decrease the adverse effects of trauma experiences and can help prevent first responder suicides. Training will involve initial team start-up (if applicable), understanding peer support, building skills in intentional communication, and suicide awareness and intervention. Peer Support Training (basic) is 21 hours of training over a three-day (3) period. A certificate of completion is given to individuals who complete the training in its entirety.

**NOVEMBER 2ND, 3RD, & 4TH
8:00 AM - 4:00 PM**

**LOCATION WILL BE SHARED
AFTER REGISTRATION**



**Scan to register for this
FREE Training**

For more information visit www.firstrespondersfoundation.org, email FRST@firstrespondersfoundation.org or call 402-218-1234 Option 2