

Public Safety | First Responder

PEER SUPPORT TEAM RETREAT

Your career and role as a peer supporter focuses on crisis and traumatic events. With the chronic cumulative stress in your role, you can take time to balance and decompress.



Learn more!

Visit: [shiftwellness.com](https://www.shiftwellness.com)

Email: retreats@frhealth.com

SCAN



This is a 3 day / 2 night retreat held at our Eagle Creek Retreat Center in Idyllwild, California. Along with your peer support team, you will develop stress reduction skills, improve mental performance through mitigation techniques, and create a healthy plan for yourself, family and team.

Objectives:

- Responder resilience workshop
- Teamwork: mission, values, goals
- Incident debriefs
- Stress reduction, healing practices
- Burnout and compassion fatigue
- Post traumatic growth practices
- One-on-one counseling



[firstresponder-wellness.com](https://www.firstresponder-wellness.com)

[thecounselingteam.com](https://www.thecounselingteam.com)

[shiftwellness.com](https://www.shiftwellness.com)