DEVELOPING RESILIENCE

Helping Public Safety members withstand, recover and grow under constant stress

The Westbrook Public Safety Peer Support Team is hosting a free training for Police Officers, Fire Fighters, EMS providers, Dispatchers and Department Chaplains

Complimentary breakfast and refreshments will be offered

AUGUST 7, 2019 | 8 AM TO 5 PM
AT THE WESTBROOK PERFORMING ARTS CENTER
471 STROUDWATER STREET WESTBROOK ME 04092

The goals of the training are to provide attendees with tools to become resilient and to help recognize signs and symptoms of chronic stress, depression, and PTSD.
PLEASE REGISTER BY JULY 17, 2019

In addition to our key speakers, we have numerous speakers that will be sharing personal experiences on mental health, PTSD, substance use disorder and how they have overcome and became resilient.

Please register by emailing your full name, agency and job title to jday@westbrook.me.us