

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



WESTBROOK PUBLIC SAFETY PEER SUPPORT TEAM

