

Online Meetings
Thursday Nights
7:00 pm to 8:00 pm

Take the first steps and join the group. To join scan the QR code or visit our webpage at www.familyofwarriors.org

Group Facilitators:

Travis Palmer - Retired LEO

Mike Fields – Retired LEO



Scan QR code to Join Group

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FAMILY OF WARRIORS

Helping First Responders & Their Families

First Responder

Support Groups

The First Responder Support Group is a virtual meeting for individuals who have served or serve as first responders and are dealing with post-traumatic stress injuries. The group provides a safe and supportive environment for participants to share their experiences, feelings, and challenges related to post-traumatic stress. These meetings are facilitated by retired and active First Responders, trained to lead these supportive and confidential meetings.

What are the Benefits of Joining a Peer Support Group?

Joining a peer support group for PTSI can provide a wide range of benefits for those who have experienced trauma, including:

- Connecting with others who understand the unique challenges and struggles of PTSI.
- Sharing experiences and supporting each other through the healing process.
- A safe and non-judgmental space for individuals to process their emotions and learn coping strategies.
- Led by trained First Responders and facilitators who can provide guidance and education on managing symptoms.
- Helps individuals feel less isolated and alone in their journey towards recovery.
- Provides a sense of camaraderie and belonging that can be crucial for healing and growth.

These groups can be a powerful tool for individuals to learn how to manage their symptoms and find ways to cope with their trauma in a supportive environment. Joining a peer support group can be the first step towards healing and recovery.

To join a group you can visit our webpage at www.familyofwarriors.org.