

FIRST RESPONDERS RESILIENCY TRAINING

Attend one of the 4-hour training events and earn 3 Continuing Education Units (CEU's) provided by First Responders Resiliency, Inc.®

Location:

Virtual via Zoom, links will be sent to you after registering online

Attendee Registration:

Register Here:

<https://www.resiliency1st.org/events/category/trainings/list/>

Or scan the QR code with your mobile camera:



Dates and Times:

(Optional) 2-hour Introduction

November 1, 2022 • 13:00-15:00 CDT

(Mandatory - choose one) 4-hour Training

November 29, 2022 • 13:00-17:00 CST OR

December 1, 2022 • 18:00-22:00 CST

Hosted by:

South Dakota Department of Health & First Responders Resiliency, Inc.® (FRRI)

ABOUT THIS TRAINING

Course Description:

We are partnering with First Responders Resiliency, Inc.® (FRRI) to host a 2-hour session on first responder resiliency. We suggest supervisors/leaders attend the introductory session to learn about this program and vet it for their employees. We will then provide two identical 4-hour training sessions that go further in-depth on their core modules (see below). Attendees who participate in a 4-hour training will receive 3 FREE CEU's sponsored by the South Dakota Department of Health. Come learn science-based information & tools to proactively mitigate the physiological, psychological, emotional, and physical effects of trauma & stress.

Syllabus:

This training includes the following subject matter:

- An Introduction to the work of First Responders Resiliency, Inc.
- Neuroanatomy and the physiological Impacts of Trauma
- Relationship between Stress and The Nervous System
- Tactical Breathing Techniques

This training is sponsored by: