

# FIRST RESPONDER'S SUPPORT GROUP

Join us in a safe and supportive space dedicated to those who bravely serve our communities in emergencies. This group is designed for first responders seeking camaraderie and understanding among peers. Our mission is to provide a confidential environment where members can share experiences, discuss challenges, and build resilience.

We recognize the unique pressures faced by first responders, including emotional stress, trauma, and the demands of the job. This group is open to all active and retired first responders, regardless of rank or service duration. Whether you're experiencing burnout, coping with traumatic incidents or simply looking for a supportive community, we welcome you.



**FOR MORE INFORMATION CONTACT JULIE TAFT:**



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Julie Taft, LMHC, is the owner of and a therapist at Bodhi Tree Mental Health Counseling. With more than 20 years experience in the mental health field, she specializes in trauma. Julie has worked with many first responders and has experience treating the particular traumas they face.

