

2025 LIVE EVENT

DON'T TALK ABOUT IT

Mental Health

CONFERENCE



**“Dedicated to our Police Officers and
Firefighters”**

More
INFORMATION

**8TH OCTOBER, 2025
08:00 AM - 2:00 PM**

**5301 RIVERWALK DR
COLLEYVILLE, TX 76034**

Speaker
PROFESSIONAL



**CHRIS
CARLSON**
MC &
Ret. Fire Captain



**TODD
WOODALL**
Driver/ Engineer
PTSD Survivor



**TAMIKA
TAYLOR**
Evolution
Collective



**JIM
PAGE**
Ret. Police Officer &
PTSD Survivor



**KIM
PARKER**
LCSW, EMDR
Trained, Certified
Clinical Trauma
Specialist

DON'T TALK ABOUT IT

PROGRAM SCHEDULE

Registration/ Breakfast 7:00 a.m. – 8:00 a.m.

Colors/ Invocation/ Intro 8:00 a.m. – 8:30 a.m.

Woodall/ Carlson 8:30 a.m. – 9:25 a.m.

Q & A Session 9:25 a.m. – 9:50 a.m.

Break 9:50 a.m. – 10:00 a.m.

Tamika/ Jim 10:00 a.m. – 10:50 a.m.

Q & A Session 10:50 a.m. – 11:20 a.m.

Break/ Lunch 11:30 p.m. – 12:30 p.m.

Kim / EMDR 12:30 a.m. – 1:20 p.m.

Q & A Session 1:20 p.m. – 1:50 p.m.

Closing/ Prayer 1:50 p.m. – 2:00 p.m.

Collaborative 2:00 p.m. – 3:00 p.m.

If you have any questions, please email us at
donttalk2025@gmail.com. **Thank you!**



DON'T TALK ABOUT IT



Why, What, Where, When, & Who

Because The Strongest Among Us Are Often The Most Silent.

In the high-stakes world of public safety, you're trained to stay calm under pressure. To hold the line. To keep going.

And somewhere along the way, you were told not to talk about what it costs you.

This conference is here to rewrite that story.

Don't Talk About It is Texas' first mental health conference exclusively dedicated to police officers and firefighters—designed by experts who understand the weight of the badge and the firehouse, and who are ready to help you carry it differently.

This isn't just another training. This is a **transformational experience**—built to offer real tools, real stories, and real support that go far beyond the locker room or the shrink's couch.

Why This Conference Exists

Because every year, we lose more first responders to suicide than in the line of duty.

Because burnout is disguised as bravery.

Because marriages are breaking. Families are hurting. And no one is talking about it.

Because departments are losing good men and women—and nobody knows how to stop the slow bleed.

This is the moment we stop normalizing silence—and start building systems that support strength through vulnerability, leadership through emotional intelligence, and resilience through honest conversation.

Real Talk, No Fluff

Keynote speakers, mental health experts, and veteran first responders will guide you through what happens beneath the uniform—and how to stay whole while continuing to serve.

Peer Connection Without Pretending

You'll meet others who **"get it"**—not because they read it in a textbook, but because they lived it. This is a room full of people who've walked through fire—literally and emotionally.

~~DON'T~~ TALK ABOUT IT



Who Should Attend:

City and County Police officers
Firefighters of all ranks
Department leaders and chiefs seeking to lead with clarity, not crisis or judgement
Wellness officers and peer support team members
Anyone in the fire or police service ready to lead a new conversation
Dispatchers

OUR MISSION:

This event will launch the future **Don't Talk About It Foundation—a nonprofit** dedicated to providing cost effective, ongoing mental health services for public servants across **Texas**. Proceeds will fund therapy, trauma counseling, EMDR, family support services, and mental health education at the precinct level.

YOU PROTECT US.

Now let us help guide you.
Seats are limited and already filling fast.
Let's create a new standard for service—a culture where talking about it is not a weakness, but a strategy for survival.

