

FIRST RESPONDER SUPPORT GROUP



You are not alone so don't go it alone.

- *Are you looking for support as you develop new habits and build or rebuild relationships?*
- *Want support in making positive changes in your behavior and outlook?*
- *Has a family member suggested you need to get help?*
- *Are you drinking more?*
- *Do you "hate" everyone?*
- *At a loss about how to feel better?*

Talk with those who know the job and the negative effects it can have on a person. Our support group can help you navigate the new waters of living a healthy lifestyle. Learn how to be happier and become a better spouse, coworker, community member, and human.

What this group offers:

- Follow-up support after mental health or substance use treatment can be the difference between a faltering recovery and a strong, lasting recovery. After taking the first step, learn additional tools that can sustain your recovery and build a strong foundation for success.
- Not in treatment, but want to learn more? This is a first step to understand the treatment options available, how to access them and talk to other first responders about what to expect.

Who should attend?

- Those recently completed an in-patient stay
- Those currently in counseling
- Those who have completed treatment and want to continue finding support to maintain forward progress.
- Those experiencing negative emotions about the job, family, life in general.
- Those feeling depressed, angry, frustrated all the time.
- Those experiencing decreased/negative performance at work and at home
- Those Feeling empty, frustrated, and at a loss in how to be happier and have better relationships

Goals

- First Responders can come together
- to share similar experiences and challenges of our personal and professional life.
- Support and listen to each other through nonjudgmental, compassionate, professional relationships.
- Knowing that others are going through something similar.
- Learning tips on how to handle day-to-day challenges
- Learning how to talk about things that bother you and how to ask for help.
- Learning to trust other people. Hearing about helpful new perspectives from others.

**MEETINGS WILL BE VIA ZOOM STARTING JULY 2ND, 2024,
FIRST AND THIRD TUESDAY NIGHTS, 7 PM TO 8 PM**

Jim Petry, Group Leader

Jim is a current fire fighter with 30 + years of experience and has a Master Degree in Counseling from Xavier University.

For more details and to register, contact Jim Petry:

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TRI-STATE
PEER SUPPORT TEAM