



STRUGGLE WELL

We are meant to thrive, not just survive.

STRUGGLE WELL 2-DAY TRAINING

SPONSORED BY THE LEHIGH COUNTY CHIEFS OF POLICE ASSOCIATION AND LEHIGH VALLEY LAW ENFORCEMENT & EMERGENCY SERVICES OFFICERS WELLNESS GROUP

DATES: February 9th/10th, April 27th/28th, June 2nd/3rd, August 26th/27th, October 26th/27th, and December 7th/8th 2026

TIME/DURATION: 8:30 am - 4:30 pm (8 Hours)

LOCATION: Whitehall Police Department - Training Classroom
3223 MacArthur Rd., Whitehall, PA 18052

THE OBJECTIVE

The objective of Struggle Well Training is to enable participants to prepare, practice, and implement an individualized plan for personal growth by transforming struggle into strength, enabling them to be of continued service to themselves, their family, their work, their community, and their country.

THE APPROACH

Struggle Well training is based on the proven framework of Posttraumatic Growth, which features five phases, built on an environment of trust and connection

THE IMPACT

Struggle can serve as a catalyst for growth and transformation, if used properly. The purpose of Struggle Well training is to enable you to grow, which occurs in five areas:

- **New Possibilities**
- **Deeper Relationships**
- **Personal Strength**
- **Appreciation for Life**
- **Spiritual and Existential Change**

LEARN MORE

To RSVP for the training or to learn more, email Matt Rush at maru1016@yahoo.com or call him at (610) 554-7204.



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Struggle Well trainings are developed and delivered by the Boulder Crest Foundation, a national nonprofit organization dedicated to ensuring the first responders, service members, veterans, and their families can live great lives – filled with passion, purpose service, connection and growth.

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