

Trauma. Mandates. Politics. Relationships.

First Responder Trauma Recovery Retreat

— Free & Confidential —

2026 Scheduled Retreat Dates

**Four Day Trauma Recovery Retreat
for Law Enforcement Officers, Firefighters, EMS,
and Essential Emergency/Medical Personnel**

— FREE & CONFIDENTIAL —

Who: Law Enforcement Officers, Firefighters, EMS, TC and Essential Emergency/Medical Personnel - Nationwide

Where: Chicago Metropolitan Area
(information provided upon registration)

When: Dates: Registration closes 14 days prior

Nov 09-12 2025	June 14-17 2026
Dec 07-10 2025	July 12-15 2026
Jan 25-28 2026	Aug 16-19 2026
Mar 8-11 2026	Oct 18-21 2026
April 26-29 2026	Dec 13-16 2026

How: Pre-registration required

Cost: FREE – Sponsored by Haymarket Center of Chicago and community supporters. Room, Meals, and Parking expenses all covered; free to you.

Staff/Peers: Our team are first responder/essential personnel culturally competent and experienced working with LE/FF/EMS/EM/TC/Medical/Mass Response personnel.

How to Apply: Participation is limited. For more information and brief, confidential screening for this event, please contact:

Kammie Juzwin at
info@kjuzwin.com; 630-517-0003

On behalf of Haymarket Center of Chicago, we are offering a **confidential and complimentary** four day



trauma seminar retreat for individuals who have experienced critical incident related trauma through their work.

- Critical incident traumatic stress
- Mental health wellness and resilience strategies
- Suicide prevention
- Debriefing support work
- Eye Movement Desensitization

The cost of caring for your community costs First Responders in terms of an accumulation of exposure to traumatic events, which can lead to burn-out, cynicism and post-traumatic critical incident related stress. This retreat addresses these concerns and offers support, skills and information to help manage accumulative and critical incident stress responders face throughout their careers.

