

RESILIENT TOGETHER

Practical Steps to Fortify your 1st Responder Marriage

Marriage is hard; 1st responder marriages are even harder due to the unique stressors of the job combined with regular exposure to traumatic events. These experiences impact the 1st Responder's physical, emotional, spiritual, and relational well-being, which ultimately impacts the couple and/or family unit. In this presentation, Dan and Tammy discuss the ways 1st responders often bring their work home with them (detachment, irritation, hypervigilance, and more). With these challenges in mind, we present the importance of having healthy support networks, good communication and conflict resolution skills, and also provide tools to strengthen relational resiliency.



Course Objectives:

- Discuss the unique challenges of the 1st responder life.
- Learn about the body's stress/trauma response.
- Describe some problematic behaviors 1st responders may bring home as a result of their daily experiences.
- Provide best practices for real communication, genuine connection, renewed intimacy, and overall couple resiliency.

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