

THE FIRST RESPONDER TIMES



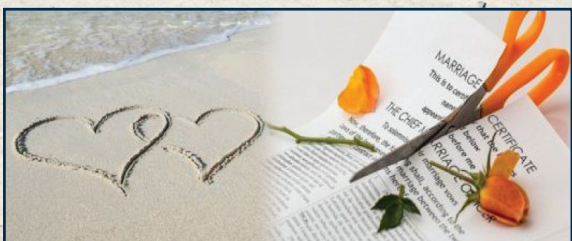
NO. 1

SATURDAY, MARCH 27TH, 2021

TWO CENTS EDITION

RELATIONSHIP RESILIENCY WORKSHOP

*First Responder Trauma Counselors
unveils new concepts to reduce breakups.*



Is creating your own relationship, "Love Lab", perhaps the key to resiliency?

The wonder of first meeting and falling in love is in part due to the curiosity and passion of learning about each other. Regrettably, over time most relationships tend to wear down as predictability, distraction, communication issues and/or boredom set in. What can we do to ensure that our relations are resilient, that they have elasticity and bounce back from the stresses of life? We must learn how to keep our relations energized.

First Responders are trained to overcome adversity on the job, conversely resilient relationships can overcome relationship adversity. They create an environment that encourages lasting love, camaraderie, and appreciation for one another despite challenges. There are many facets to these types of relationships, the most important being communication.

ALL BADGES, ALL UNIFORMS, ALL SCRUBS

This 1-day couple's workshop is based upon the research Gottman Principles and specifically designed to address **FIRST RESPONDER** committed relationships and taught and facilitated by Licensed Culturally Competent Clinicians who are affiliated and taught with First Responder Trauma Counselors.

TOPICS INCLUDE: Based upon the New York Times Best Seller by John M. Gottman, PH.D, the Seven Principles for Making Marriage Work. This workshop is designed for First Responders in a committed relationship. The main focus of this workshop is to increase understanding and communication and provide specific workable tools without any psychobabble. Couples will work together. No personal information regarding their relationship will be shared with others in the class unless voluntarily.

**THIS WORKSHOP FILLS UP FAST!!
RESERVE YOUR SEATS TODAY!**

**WORKSHOP LEAD INSTRUCTOR:
JOANNE RUPERT, MA LPC NBCC**

THIS JUST IN!!

**EXPERTS SAY, "LISTEN,
WORDS HAVE POWER!!!"**

*There is talking and then
there is communication!*

Far too many people believe having the ability to converse is the same as being able to communicate. They believe that telling is equivalent to talking, that sending an e-mail or leaving a voicemail message is better than spending time in two-way discussion. They believe that if one can speak effectively, they will be able to influence the behavior of others, and that "give and take" conversation only delays the decision-making process. They are firm believers in the principle that "he/she who speaks last is right" so will talk an issue to death (or send a declaratory note or leave a one-sided voicemail), rather than allowing someone else to have the "final say."

Join The Relationship Workshop

RECENT DISCOVERY

Based upon scientific studies of Dr. John Gottman's research teams, and his book **SEVEN PRINCIPLES for MAKING A MARRIAGE WORK**. This workshop is designed for First Responders in committed relationships. The lead instructor, **JOANNE RUPERT MA LPC NBCC**, and author of the **NATIONAL PEER SUPPORT ACADEMY** manual 2021 version, this 1-day couples workshop is specifically developed and directed at the First Response population, and taught by **ONLY** actually "Culturally Competent", First Responder Clinicians/Presenters.



Proudly Hosted By:

Berthoud Fire Protection District

LOCATION:

275 Mountain Ave | Berthoud, CO 80513

DATE & TIME:

March 27th, (9am-3:30pm)

**Cost is only \$50 per couple
(10 Couple Limit per class)**

Results to be disclosed on March 27th 2021

***PAYMENT DUE AT TIME OF REGISTRATION (NO LATER THAN MARCH 13, 2021)**

MAKE CHECKS PAYABLE TO:

**First Responder
Trauma Counselors**

19 Old Town Square
Fort Collins, CO 80524

**WE ACCEPT CHECKS
OR CREDIT CARDS.**

**REGISTRATION COMPLETED
UPON PAYMENT RECEIVED.**

**FOR RESERVATIONS
CALL OR EMAIL:**

**KHARIS: 970-222-4193 OR
ADMIN@911OVERWATCH.ORG**



**GIVING BACK TO FIRST RESPONDERS
ONE TEAM ONE MISSION**

