



# FIRST RESPONDERS RESILIENCY TRAINING

Attend one of the 4-hour training events and earn 3 Continuing Education Units (CEUs) provided by First Responders Resiliency, Inc.®

## Location:

Virtual; Zoom links will be sent after registering online

## Dates and Times:

(Mandatory - choose one) 4-hour Training

February 7, 2023 • 13:00-17:00 CST OR

February 9, 2023 • 18:00-22:00 CST

## Attendee Registration:

February 7, 2023:

<https://www.resiliency1st.org/event/sd020723/> OR scan this QR code



February 9, 2023:

<https://www.resiliency1st.org/event/sd020923/> OR scan this QR code



## ABOUT THIS TRAINING

### Course Description:

We are partnering with First Responders Resiliency, Inc.® (FRRI) to host two identical 4-hour sessions on first responder resiliency. These training sessions focus on their core modules (see below). Attendees who participate in a 4-hour training sponsored by the South Dakota Department of Health will receive 3 FREE CEUs. Come learn science-based information & tools to proactively mitigate the physiological, psychological, emotional, and physical effects of trauma & stress.

### Syllabus:

This training includes the following subject matter:

- An Introduction to the work of First Responders Resiliency, Inc.
- Neuroanatomy and the physiological Impacts of Trauma
- Relationship between Stress and The Nervous System
- Tactical Breathing Techniques

This training is sponsored by:

