



JULY 19-20

FIRST RESPONDER WELLNESS CONFERENCE

BROUGHT TO YOU BY:

RUTLAND CITY POLICE DEPARTMENT, THE CENTER FOR SOCIAL JUSTICE AND TRAUMA INFORMED CARE,
AND THE VERMONT EMERGENCY RESPONDER WELLNESS COMMISSION

Daily Workshops: Compassion Fatigue, Coping Skills, Financial Health, Mindfulness, Building Recovery & Resiliency Plans, & more!

Daily Wellness Events: Therapeutic Fly Tying, Yoga, Comfort Animals, Chair Massages, & more!

Each day starts with breakfast and networking opportunities. Vendors will be on site for you to learn about available resources.

Day 1: 8AM - 5PM

KEYNOTE SPEAKER: *Chief Robert White* will speak on emotional survival and tactics to stay committed and engaged in productive work. These strategies are designed to help participants avoid burn-out and emotional isolation from friends and family.

PANEL DISCUSSION: Providing participants with local resources available to first responders and how to connect with services.

For those staying for dinner, the group will be participating in a bonfire wellness activity

Day 2: 8AM - 4PM

KEYNOTE SPEAKER: *Dr. Frank Gallo*, owner of Blue Life Behavioral Health, creator of the Blue Life Academy, and author of, *Bouncing Back From Trauma*.

Struggle Well Training: Presented by the Boulder Crest Foundation, this training teaches participants how to integrate healthy principles into their lives and is based on the science of Posttraumatic Growth.



July 19-20, 2023



Wednesday: 8:00AM - 5:00PM
Thursday: 8:00AM - 4:00PM



vtfirstresponderwellness@gmail.com



VTSU's Castleton Pavilion
360 South St, Castleton, VT



\$75 (includes all meals)
\$60 for overnight accommodations
Scholarships available for those needing assistance, please email to request

Registration:

**REGISTER BY
JULY 3RD**

https://castleton.formstack.com/forms/first_responder_wellness_conference

