

CODE 9 PROJECT

S.H.A.R.E. PROGRAM

SELF-HELP AND RESPONSIVE EDUCATION

**FREE Trinity County
First Responder Workshop**

This two-day highly interactive program provides an experience-based education for coping, management and rehabilitation of cumulative stress in the First Responder. Topics such as general stress, PTSD, anger, fear, anxiety, health and wellness, communication and strategy will be addressed.

**8am - 5pm (BOTH DAYS)
March 27 - 28, 2025**

**Weaverville Fire Department
125 Bremer Street
Weaverville, CA.**

**To register, contact Sonni DeMello
Trinity County Health & Human Services
Public Health Emergency Preparedness
Email: sdemello@trinitycounty.org
Phone: (530) 739-8462**

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