

First Responders: Self Care, Wellness, Health, Resilience and Recovery

Dealing with Stress: Personal, Department/Job, Home & Family in the Aftermath of Disasters

Sponsored by the New Jersey Center for Public Health Preparedness at UMDNJ with funding from New Jersey disasters Critical Incident Stress Response Program.

This event offers training for First Responders to learn self-care techniques including stress management and psychological first aid to use in the aftermath of disasters.

Topics will include:

- Self Care for First Responders
- Family/Marital Issues
- Peer Support-Helping Others Help Themselves
- Psychological First Aid
- Professionals & Community Resources

Recommended Audience

- Police, Fire, and EMS professionals
- Public Health Nurses
- National Guard members
- Others involved in the front lines of emergency preparedness

Tuesday, September 13, 2005 at the Burlington County Emergency Services Training Center

OR

DATE:

Monday, September 19, 2005 at the Morris County Fire Fighters & Police Training Academy

The training will be held from 1:00 pm - 4:00 pm on both dates

COST: Free

CONTACT: Denison Scott, 732-235-9753, schottds@umdnj.edu

TO REGISTER: [Click here to register](#)

Training provided by Philip T. McCabe, CSW, CAS