



# 11/02/2021 TRAUMA FOCUSED MENTAL HEALTH AND WELLNESS TRAINING

**For First Responders in San Juan, Skagit and Island Counties**

Hosted at the Swinomish Casino on 11/02/2021 from 0800 – 1400.

Training provided by Deer Hollow Recovery and Wellness Centers

**TRAINING IS FREE AND INCLUDES LUNCH**

Register on Eventbrite: <https://www.eventbrite.com/e/mental-health-and-wellness-training-trauma-focused-for-first-responders-tickets-171334364697>



**Who Should Attend: All First Responders (Spouses also invited)**

**Learn from nationally recognized trauma therapists**

**Pre-registration required. Seating is limited**

**“Understanding PTSD/PTSI and how it affects us all – Matt Quackenbush, LMFT**

**“You are never alone” – A personal story of survival, courage and vulnerability  
Jared Nesary, USMC Veteran, Retired Law Enforcement**

## **CONTACT**

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