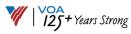
VOA ReST 4 First Responders

Reclaim Your Strength

VOA|ReST 4 First Responders are confidential, small group support sessions that maintain and build emotional resilience by offering:

- A unique space to share your experiences with other First Responders while remaining committed to your work.
- Time set aside for you to speak honestly with peers and trained facilitators who know what you go through as a First Responder.
- A service that can complement other resources your agency might offer. Online meetings are available in the comfort of your home, on an ongoing basis, whenever you need support.







Your work is Important.

You are Important.

Take time to ReST.

VOA|ReST 4 First Responders uses techniques developed from VOA's evidence-based, peer support program for veterans called Resilience Strength Training™. Over 82% of VOA|ReST participants report feeling *significantly* calmer and more peaceful after a meeting.



Join VOA|ReST 4 First Responders

Supported by the

HCA # Healthcare* FOUNDATION

In Collaboration With

- · ALL IN: WellBeing First for Healthcare
- #FirstRespondersFirst
- Dr Lorna Breen Heroes Foundation
- · National Fallen Firefighters Foundation