

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.



 | **VOA**
125+ Years Strong

First Responders Supporting First Responders.
Free Confidential Group Conversations for First Responder Resilience.



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

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