



**CODE 9 Project S.H.A.R.E.
Presents:**

Understanding *Your* First Responder's Trauma and Stress

A FREE Workshop for Families of First Responders to Help Better Understand Their Unique Family Dynamic and Provide Support and Resources

**Saturday, May 20th
9:00 am to 5:00 pm
St. Petersburg College -
Tarpon Springs Campus
(Lunch and snacks will be provided.)**

This workshop focuses on helping the family members of first responders better understand trauma and stress patterns and the impact on the first responder and the family, address fear, anxiety, changing behavioral patterns, and provides support and self-help tools.

Co-founders of the Code 9 Project, Facilitators Deborah Ortiz and Lee Baker, have established a network of education and support for first responders and their families after Deborah's husband's 22 year law enforcement career left him and their family struggling with the effects of his PTSD. **Join us for this FREE workshop!**

Code 9 Project S.H.A.R.E. is open and encouraged for all spouses, adult family members, and loved ones of First Responders.

To register, click <http://web.spcollege.edu/survey/23750> or contact Wendy Sedlacek at 727-741-2043. For more information on the workshop, visit www.Code9project.org.

