

# CODE 9 S.H.A.R.E

First Responder and Family Workshops



## FIRST RESPONDER TRAINING FOR THE PREVENTION OF PTSD

### First Responder Training

March 6-7, 2019 • 9AM to 5PM

This is a two-day intensive course that provides stress education and management tools to combat personal and professional stress and health issues such as PTSD caused by cumulative stress. This workshop will explore topics such as Stress, Trauma, Post-Traumatic Stress Disorder (PTSD), Anxiety, Anger and Fear. Tools to help overcome and cope with symptoms such as Anchors, Language Tools and Introduction to Self Care will be introduced and discussed.



### Family Workshop

March 8, 2019 • 9AM to 5PM

This workshop is designed to help families support their First Responder and learn how to understand and effectively reduce and overcome the stress of being in a First Responder Family.

To register, please contact Dennis Ball:  
ddball@cji.edu / 501-570-8033

Registration is also available online:  
[www.cji.edu](http://www.cji.edu)

UofA

UNIVERSITY OF ARKANSAS SYSTEM  
CRIMINAL JUSTICE INSTITUTE

Workshops will be held  
at the Criminal Justice Institute

26 Corporate Hill Drive  
Little Rock, AR 72205

