



**RESILIENT RESPONDER**

## Self-Care for Responders Before, During, & After an Emergency

### 3-Hour Workshop

#### Dates and Locations:

Richmond: April 8th  
Weyers Cave: April 15th  
Abingdon: April 20th  
Roanoke: April 21st  
Fairfax: April 27th  
Stafford: April 28th  
Chesapeake: May 4th  
Newport News: May 5th

#### Register Required:

<http://cbers2020.eventbrite.com>

**Cost: FREE**

#### Participants will learn about:

- The effects of stress and trauma on human beings
- Strategies for resilience and your ability to bounce back
- How to develop a Personal Preparedness Plan to activate if you find yourself in a stressful situation
- Various interventions related to disaster behavioral health

#### Target Audience: Any disaster or emergency responder

- Disaster Shelter Workers
- EOC Staff
- EMS/Fire/Law Enforcement
- Emergency Management
- Emergency Dispatch
- Emergency Department Staff
- Health Dept. and OCME Staff
- Anyone who responds to emergencies or disasters as part of their job

#### Brought to you by:



Virginia Department of  
Behavioral Health &  
Developmental Services

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