



A&K Consulting

Resiliency for First Responders

Topics:

- Tackling the Stigma Surrounding Mental Health Among First Responders
- Effective Stress Management Techniques
- Recognizing and Overcoming First Responder Burnout
- Promoting Awareness and Prevention of Substance Abuse
- Navigating and Addressing a Toxic Work Environment
- Promoting Suicide Awareness and Prevention Among First Responders
- Coping Strategies for Trauma
- Comprehensive Wellness: Physical, Intellectual, Spiritual, Occupational, Emotional, and Social Dimensions

Who Should Attend?

- Law Enforcement
- Fire & Emergency Medical Services
- 911 Operators
- Correctional & Probation Officers
- Support Staff
- Medical Professionals

Location: Topeka Police Department Regional Training Center located at 2722 SW Topeka Blvd. Topeka, KS 66611

Date & Time: November 7, 2024 from 8:00 A.M. – 4:00 P.M.

Cost: \$200 per person

Registration: To enroll in the training, kindly click on the provided link: [Register here](#) or scan the QR code. Upon completion of the training, attendees will receive a certification of completion as acknowledgment of their participation.

For any inquiries or if you need to register multiple individuals, feel free to get in touch with Kevin Erickson. You can reach him at **712-898-5041** or via email at kevin@a-kconsulting.net.



A & K Consulting, LLC

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info@a-kconsulting.net

www.a-kconsulting.net

