



**First Responders  
Resiliency, Inc.®**



**CAL FIRE**

# ***RESILIENCY CONFERENCE***

## ***DECEMBER 3-5, 2024***

**Location: The Bishop's Ranch, Healdsburg, CA  
5297 Westside Rd., Healdsburg, CA 95488**

First Responders Resiliency, Inc. is a cutting-edge, PROACTIVE training program that helps first responders and their families address and mitigate the issues of stress-related burnout, depression, illness, injury, disability, and suicide. Partnered with CAL FIRE's Wellness Team, we utilize the latest in science and research with our team of first responder instructors to reveal how one restores their professional enthusiasm and personal joy. First Responders Resiliency Training, quite simply, saves lives.

**Contact Pete Munoa at [pmunoa@l2881.org](mailto:pmunoa@l2881.org) to register for the conference**

Scan the QR code to learn more about this training:



### **Topics Covered In This Training:**

- Neuroanatomy & Trauma-Related Impacts
- The Nervous System & Stress
- Mindfulness-Based Tools
- Tactical Resiliency Training
- Physical Impacts
- Psychological Impacts
- Substance Abuse & Recovery
- Nutrition & Exercise
- Tactical Breathwork
- Cognitive Behavioral Therapy
- Lessons in Leadership