

# VOA | ReST

## 4 First Responders

 VOA  
125+  
Years Strong | Volunteers  
of America®

## Reclaim Your Strength

Given the demands of your career, it is important to process moral distress.

You alone can make that commitment, but you don't have to do it alone.

VOA|ReST 4 First Responders are confidential, small group support sessions that maintain and build emotional resilience by offering:

- A unique space to share your experiences with other First Responders while remaining committed to your work.
- Time set aside for you to speak honestly with peers and trained facilitators who know what you go through as a First Responder.
- A service that can complement other resources your agency might offer. Online meetings are available in the comfort of your home, on an ongoing basis, whenever you need support.

Supported by the

 HCA Healthcare®  
FOUNDATION

In Collaboration With

- ALL IN: WellBeing First for Healthcare
- #FirstRespondersFirst
- Dr Lorna Breen Heroes Foundation
- National Fallen Firefighters Foundation



## First Responders Supporting First Responders.

## Free Confidential Group Conversations for First Responder Resilience.

Each free, one-hour gathering is an opportunity to bring your real self. Participants who engage in peer-to-peer group conversations report feeling significantly calmer and more peaceful after attending a meeting.



Join VOA|ReST  
4 First Responders  
[rest4firstresponders.com](http://rest4firstresponders.com)

Your work is Important. You are Important. Take time to ReST.