

S.H.A.R.E Programs

**S.H.A.R.E. Two-Day
Interactive First Responder
Workshops**

**S.H.A.R.E. One-Day
Interactive Family Workshop**

**S.H.A.R.E. Two-Day
Command Staff Workshop**

**S.H.A.R.E. Movement and
Stress Reduction Workshop**

**S.H.A.R.E. Acute Incident
Rapid Response**

**S.H.A.R.E. Professional
Speaker Series**

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

**Self-Help
And
Responsive Education**



First Responders

Code 9 Project

The Code 9 Project is a national non-profit organization dedicated to providing; support, education and viable self-help resources to Command Staff, First Responders and Family members through workshops and health programs.

The Code 9 Project also serves as a bridge between First Responders, Police/Fire/EMS Departments and their communities by providing; outreach, education and positive community building programs.

By educating communities about the unique career stressors that First Responders experience on a daily basis, we promote the opportunity for communities to provide the positive support and resources needed.

We are in this together.

WHAT IS S.H.A.R.E.?

S.H.A.R.E. offers independent programs for First Responders and their family members. The programs run simultaneously for the purpose of addressing the unique needs of each part of the family unit.

The S.H.A.R.E. First Responder workshop is a two-day, highly interactive program that provides an experiential education for coping, management and rehabilitation of cumulative Stress in the First Responder.

Topics such as; general stress, PTSD, anger, fear, anxiety, health/wellness, communication and strategy will be addressed.

Self help tools for identifying and coping with these topics will be presented.

WHO SHOULD ATTEND?

This program is open and encouraged for ALL active duty First Responders.

The curriculum is applicable to both cadet and seasoned officers.

The course is a comprehensive and proactive course. It is not exclusive to those suffering with PTSD.

We, at the Code 9 Project, honor the importance of serving First Responders and families as a unit. Therefore, we strongly encouraged departments to provide the S.H.A.R.E. One-Day Family Workshop in conjunction with the First Responders Two-Day Workshop.