

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**



Family Workshop

Code 9 Project

The Code 9 Project is a national non-profit organization dedicated to providing; support, education and viable self-help resources to all Command Staff, First Responders and their 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 First Responder Workshop is a two-day program. The Family Workshop is a one-day program.

The S.H.A.R.E. Family program is a highly interactive workshop rooted in stress education.

Topics such as; identifying stress patterns, PTSD, stress management, family dynamics and peer support will be covered.

WHO SHOULD ATTEND?

This program is open and encouraged for all adult family members and spouses of First Responders.

The program is also open to all non-First Responder personnel such as; Chaplains, City Officials, Clinicians, Administrators, and Health-Care personnel.

We, at 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 with the S.H.A.R.E. Two-Day First Responders Workshop.