

# FRIDAY, SEPTEMBER 22, 2017 RECRUITMENT & RETENTION SEMINAR: "STRESS MANAGEMENT"

Full Day Seminar Event

## Event Description:

The Connecticut Volunteer Workforce Solutions brings you a full day recruitment and retention seminar that will discuss "stress management" in the fire service and fire service leadership. This seminar will highlight examples of how your department can promote wellness and handle stress at all levels, from Firefighter to Chief. Departments are encouraged to invite their elected officials, town managers, and others to contribute to the dialogue.

## Topics include:

- Stress First Aid (*Vickie Taylor- Behavioral Health Specialist*)
- Brain Wellness (*Robin Grant Hall- Trauma and PTSD Specialist*)
- Stress Relief for Fire Chiefs (*Amy Goodwin- Director of Zag Fitness*)

**DATE AND TIME:** September 22nd from 9:30 AM - 4 PM (registration begins at 9 AM)

**LOCATION:** Keeney Ballroom, 200 Main Street, Wethersfield, CT, 06109

**WHO SHOULD ATTEND:** The seminar will be beneficial to all ranks! All departments in Connecticut are welcome to attend.

Please register by **September 15th, 2017** at  
<https://www.eventbrite.com/e/recruitment-and-retention-seminar-stress-management-tickets-35978531757>

**Questions?** Contact Adam D'Agostino at 703-896-4822 or  
[adam.dagostino@iafc.org](mailto:adam.dagostino@iafc.org) or Chief Fred Dudek at 860- 304-3206 or  
[dudekaf@gmail.com](mailto:dudekaf@gmail.com).



*This seminar is funded through a FEMA SAFER recruitment and retention grant awarded to the Connecticut Fire Chiefs Association.*

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Recruitment &  
Retention Seminar:  
"Stress Management"

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## TOPICS

- Stress First Aid
- Brain Wellness
- Stress Relief for Fire Chiefs

*Breakfast and lunch will be provided to all attendees.*

[www.everydayheroct.org](http://www.everydayheroct.org)

KEENEY  
CULTURAL  
CENTER

150 Main Street  
Wethersfield, CT 06109

Friday  
September 22 9:30-4