

Mindfulness Practice for Emergency Responders

March 5 - April 9, 2024

6-Week Series

Tuesdays | 3 - 4:30 p.m.

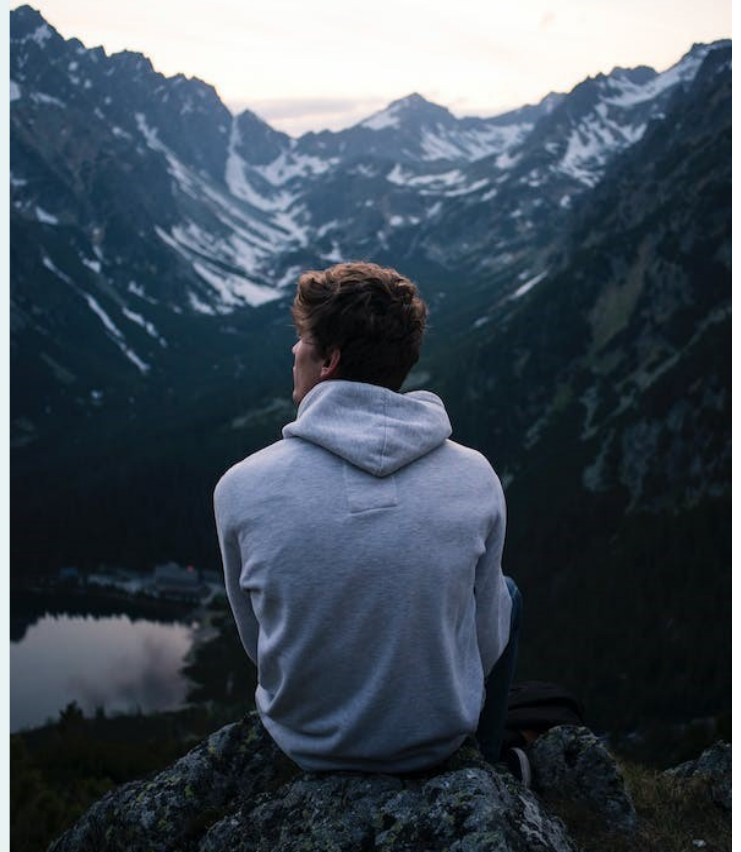
Boise Fire Training Center

12142 Joplin Road | Boise, ID

- Firefighters ■ Law Enforcement Officers
 - Paramedics/EMTs
- Dispatchers ■ Military Responders

- No Cost to Participate -
Seats are limited. Reserve your spot today!

📧 ehall@er-hc.org 📞 (208) 229-8433



Mindfulness ~ for Renewed Clarity & Connection

restored concentration & focus ■ elevated coping ability & stress tolerance

relief from anxiety & depression ■ resilience from trauma & burnout

revived immune system function ■ decreased cardiovascular stress

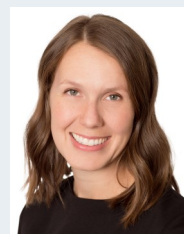
... are only a few of the documented benefits of mindfulness techniques.

Facilitators |

Michael Sapiro, PsyD, is an ordained Zen Buddhist monk, clinical psychologist, psychotherapist, author, and meditation teacher. His post-doctoral fellowship at the VA Boise Medical Center focused on PTSD and combat trauma. His current clinical work focuses on the health and wellness of first responders and combat veterans.



Ari Brooks, LCSW, is a licensed therapist and has served as the director of Mental Health Services at Emergency Responders Health Center since 2020. She specializes in the occupationally-relevant treatment of conditions prevalent among first responders, including care for PTSI/PTSD.



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