



Support Our Mission!

Be part of our mission and help us continue to provide life-changing, trauma healing retreats and education to first responders and their significant others by becoming a volunteer or making a financial gift to the First Responder Support Network.

Thank you for your generosity!



FRSN is a 501(c)(3) non-profit corporation; Tax ID #73-1628834

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First Responder Support Network

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Healing Happens Here



Mission

Through collaboration, FRSN provides evidence-based treatment and resilience education to first responders and their spouses in supportive and trusting retreats and in lifelong peer communities.

The First Responder Support Network (FRSN) provides evidence-based treatment, resilience education, and peer support that help first responders and their spouses heal from the impacts of occupational trauma and thrive in their personal and professional lives. Founded 25 years ago as the West Coast Post-Trauma Retreat (WCPR), FRSN has supported more than 2,500 first responder families affected by critical incidents, cumulative stress, and the long-term impacts of service.

We are headquartered in California, with WCPR satellite sites in Oregon, Washington, Kansas, and Indiana.



WCPR

West Coast Post-Trauma Retreat

The West Coast Post-Trauma Retreat (WCPR) is for first responders whose lives have been impacted by their work experience and critical incident stress. The program provides education, wraparound support, and healing designed to help active, former, and retired first responders develop recognition and resilience around post-traumatic stress and post-traumatic growth.



SOS

Significant Others & Spouses Retreat

The Significant Others and Spouses (SOS) program provides wraparound support to current or former partners of first responders where they are able to process their own trauma and stress and gain understanding into the uniqueness of being a first responder's partner. The program addresses depression, anxiety, and trauma histories and promotes resiliency skills.

Training

FRSN provides basic and advanced peer support trainings, as well as clinical and chaplain training opportunities.

Resources

In addition to treatment and training, FRSN offers support through direct resources and information about outside resources for first responders and their families.

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Having folks that I KNEW understood where I was coming from made all the difference. Feeling like I wasn't alone for the first time was HUGE for my being able to open up and start my healing.

-FRSN Client