

WARRIOR

BODY ARMOR



Breaking free from the stigma & bonds of the **B**adge.™



sponsored by

Yakima Police Department  
and Yakima PD Chaplaincy Program

April 9-10<sup>th</sup> and May 21-22<sup>nd</sup>



**SAFE CALL NOW**.org

® "Saving the lives of those who protect us"

Founded by Sean Riley in 2009, Safe Call Now is committed to creating national training programs designed to help save the lives and careers of those impacted by a public safety profession.

2015



## EMOTIONAL BODY ARMOR for **FIRST RESPONDERS**

**Is** an intensive one or two-day workshop identifying those issues that manifest while working on the front lines of a demanding career that can lead to many issues regarding (but not limited to) trauma, relationships, finances, mental health and substance abuse matters that can result in the loss of relationships, jobs and eventually their life.

**The** workshops are designed for all first responders to provide them with the tools to help individuals being held back both personally and professionally by the bonds of the addictive behaviors, co-dependency, family systems or trauma in any form. Participants will examine those barriers and experiences that influence the capacity for a happy, healthy life and career. The intensive workshop experience will reveal how painful life and job experiences are and that they can hamper the growth of individuals and block the ability to be authentic in relationships with self and others.



**While** there is a stigma associated with reaching out for help or reaching out for help for others within the profession, the intensive workshops are designed to overcome these barriers. The intensive workshops are also designed to empower first responders to look within and confront issues (both on and off the job) such as trauma, co-dependent relationships, setting healthy boundaries, using tools to increase self-esteem, to understanding and effectively experience all emotions and creating a tactical personal self-care plan to be successful in their personal and professional lives.

**FOR MORE INFORMATION ON EMOTIONAL BODY ARMOR OR  
ADDITIONAL TRAININGS, PLEASE CONTACT:**

**Captain Brian Nanavaty**

Director of Training & Curriculum, Safe Call Now

[bn@safecallnow.org](mailto:bn@safecallnow.org) or (317) 339-5118

# EMOTIONAL BODY ARMOR

## REGISTRATION

SPONSORED BY

### YAKIMA POLICE DEPARTMENT AND YAKIMA POLICE DEPARTMENT CHAPLAINCY PROGRAM

**EMOTIONAL BODY ARMOR** is a one-day training that will be offered on any one of the following dates: **April 9<sup>th</sup>, 10<sup>th</sup>** and/or **May 21<sup>st</sup>, 22<sup>nd</sup>**. The training will commence promptly at 0900 – 1700 hours. The cost of registration is \$50 per person and lunch is included. Any inquiries can be made to: Officer Elaine Gonzalez (509) 406-6300 or via email at [Elaine.Gonzalez@yakimawa.gov](mailto:Elaine.Gonzalez@yakimawa.gov) and/or Jenn Zeuntenhorst (509) 575-6124 or via email at [Jenn.Zeutenhorst@yakimawa.gov](mailto:Jenn.Zeutenhorst@yakimawa.gov)

ATTENDEE INFORMATION	
Attendee Name / Title:	
Department:	
Attendee Address:	
Phone:	
Email:	

**REGISTRATION:** The cost of individual registration is \$50. **To make a payment by check:** please mail this document along with your check in the amount of \$50 payable to “City of Yakima” attention: Jenn Zeuntenhorst, City of Yakima HR Department, 129 North 2<sup>nd</sup> Street, Yakima, WA 98901.

**POINT OF CONTACT:** Officer Elaine Gonzalez (509) 406-6300 or via email at [Elaine.Gonzalez@yakimawa.gov](mailto:Elaine.Gonzalez@yakimawa.gov) and/or Jenn Zeuntenhorst (509) 575-6124 or via email at [Jenn.Zeutenhorst@yakimawa.gov](mailto:Jenn.Zeutenhorst@yakimawa.gov)

**TRAINING LOCATION:** Yakima County Fire District 12, 10000 Zier Road, Yakima, WA, 98908

**MEALS:** Lunch will be provided.

**PARKING:** On-site parking is free.



**EMOTIONAL BODY ARMOR 2015**  
April 9<sup>th</sup>, 10<sup>th</sup> and/or May 21<sup>st</sup>, 22<sup>nd</sup>