

# **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**



**Command Staff  
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.?

The S.H.A.R.E. Command Staff training is a highly interactive two-day workshop.

The S.H.A.R.E. Program provides Command Staff with an opportunity to learn how to integrate Command Staff as active participants in department: stress education, officer health/wellness, suicide and PTSD awareness programming.

S.H.A.R.E. also provides unique strategies for departments coping with the increase of officer PTSD, suicides and stress related absenteeism.

This program also addresses accountability strategies for emotional health.

## WHO SHOULD ATTEND?

This S.H.A.R.E. workshop is open to active duty Command Staff level of Sergeant and above.

Command Staff will have the opportunity to connect with other departments for innovation and strategy on these much needed topics

Command Staff now has the opportunity to experience Code 9 Resources First Hand!

