

Self Care • Community • Wellness

FIRST RESPONDER SPOUSE RETREAT

The First Responder Spouse Retreat specializes in first responder family healing with a holistic, wellness-oriented approach. Get on a new path of self-care, and develop realistic goals to improve your life, family and relationships.

Together, we will begin a new journey as you learn to navigate the pride, confusion, fear and frustration experienced by other first responder partners and spouses.



This 4 day / 3 night retreat is specially designed for public safety spouses and is held at our Eagle Creek Retreat Center in Idyllwild, California. In this tranquil setting, we specialize in family wellness through evidence-based modalities to improve resiliency and help you reach your potential for a fulfilled life. This is an intimate retreat attended by 6-10 other women plus our clinical and staff.

Learn more!

Visit: [shiftwellness.com](https://www.shiftwellness.com)

Email: retreats@frhealth.com

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Objectives

- Redefine your strength and self-esteem
- Learn how to be supportive without sacrificing your happiness
- Focus on caring for yourself while caring for your family
- Learn about family roles and setting healthy boundaries
- Develop post traumatic growth practices



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