

# Mindfitness and Resiliency Weekend Retreat for First Responders

Are you looking for new ways to manage stress, stay more focused on the job, and build and sustain more meaningful relationships? Join us for this engaging weekend retreat to experience simple-to-learn practices in

- ☐ Mindfulness
- ☐ Qigong
- ☐ Tai Chi
- ☐ Yoga

The benefits of these exercises, when practiced on a daily basis, will help you:

- ☐ **Boost attentional control and concentration**
- ☐ **Improve situational awareness**
- ☐ **Strengthen resiliency and capacity to function effectively in stressful and demanding environments**
- ☐ **Increase a sense of feeling centered, confident, and competent at work and in personal life**
- ☐ **Improve sleep quality, decision-making under stress, satisfaction with life, emotional regulation (ability to respond and relate to unpleasant emotions in a healthy way), productivity and time management.**

## **Presenters:**

Donald Richard, a veteran who served with the 3/18 Combat Support Company, United States Infantry. He is trained in mindfulness based stress reduction and Certification in Qigong. He is trained in Critical Incident Stress Management and has provided debriefings for first responders throughout New England and New York.

Karolina Kowarz, Ph.D. is a clinical psychologist with experience in providing mindfulness based interventions to first responders struggling with trauma and substance abuse. She is passionate about and committed to enhancing quality of life through scientifically grounded interventions.

**A Mindfitness and Resiliency Weekend is held annually within the state of Connecticut. Consult the CABLE Homepage for upcoming dates and locations.**

