FOR FIRST RESPONDERS & PUBLIC SAFETY PROFESSIONALS

When and Where. . .

5-DAY CLASS OPTION

November 9-13 2026, 9:00 AM – 5:00 PM
ODEMSA Training Room
7818 East Parham Rd., Suite 911
Henrico, VA 23294

2-DAY CLASS OPTION

December 12-13 2026, 9:00 AM – 5:00 PM
Amelia County Fire-Rescue, Station 1
8950 Otterburn Road,
Amelia Court House, VA 23002

Participation in all days is expected.

Who . . .

Struggle Well is designed for first responders and public safety professionals, with a primary emphasis on EMS and fire service personnel, seeking practical tools to better understand stress, struggle, and adversity while promoting growth within themselves, their teams, and their organizations.

The program is especially valuable for frontline personnel, peer support members, educators, supervisors, and organizational leaders.

What . . .

Struggle Well is offered as either a two-day or five-day interactive training program developed by the Boulder Cres Foundation and grounded in the science of Post-Traumatic Growth (PTG). The two-day course provides a focused introduction to the core concepts and practical applications of the Struggle Well framework, while the five-day course provides a more in-depth exploration of the program's five core modules, with additional time for discussion, application, reflection, and skill development.

Through facilitated discussion, case studies, practical exercises, and personal reflection, participants will explore how stress, struggle, and adversity can be transformed into opportunities for growth and increased strength.

The program focuses on practical strategies that participants can apply in both their personal and professional lives, with an emphasis on:

- Developing greater personal strength and resilience
- Building deeper relationships and connections
- Recognizing new possibilities
- Increasing appreciation for life
- Finding renewed purpose and meaning
- Applying Post-Traumatic Growth principles within teams and organizations

STRUGGLE WELL

5-DAY or 2-DAY

TRAINING OPTIONS

We are meant to thrive,
not just survive

Presented by

OLD DOMINION

EMS ALLIANCE

This course has no registration fee. Participant registration costs are being supported through funding provided by the Virginia Office of Emergency Medical Services (OEMS),

VDH Virginia Department of Health
Office of Emergency Medical Services
Region 6

ToRegister . . .

Scan the QR Code or visit:

odemsa.net