



First Responder REBOOT is a 12-week, faith-based, peer-led course that helps first responders and their families heal from critical incident stress and trauma.

The practical tools and teaching found in this course are specifically designed for those within the **law enforcement, fire, EMS, emergency communications, hospital emergency** and **corrections** communities.

If you or someone you love is suffering from the stress of the front lines, the time is now to break free from trauma and change your life.

More than **50,000** people have graduated from REBOOT courses and overcome trauma. **Are you next?**



REBOOT courses meet once a week for 12 weeks.



REBOOT courses are led by people who have been there and get it.



REBOOT is for the whole family, not just the responder.



REBOOT is faith-based but not preachy. All are welcome, all can heal.



Local course starting soon! Register to join:

REBOOTRECOVERY.COM/JOIN

