



## BALANCE DURING COVID

# LET'S TALK

Join us for a webinar specially prepared for first-responder spouses or significant others.

This panel of women will be sharing their experiences and answering any questions you may have regarding support, resources, or managing this season.

**Dr. Jolee J. Brunton**

Chief Psychologist, Focus Psychological Services

**Dr. Joelle**

SDFD Associate Medical Director

**Betsy Salzman**

SDFD Chaplain, Battalion 6

**Judy Picone**

SDFD Spousal Peer Support

**SUNDAY, APRIL 26 • 2PM**

**ZOOM MEETING ID: 922 2233 6270**

**password: lets\_talk**

**SAN DIEGO  
FIRE-  
RESCUE**  
HEALTH & SAFETY

 **Focus**  
Psychological Services