

Finding BALANCE DURING COVID

ZOOM WEBINAR PANELISTS:

Dr. Stephen Odom: Chief Clinical Officer First Responder Wellness by Simple Recovery

David Picone: SDFD Battalion Chief, Health & Safety Officer

Judy Picone: Spouse and member of SDFD Spousal Peer Support

Dr. Joelle: SDFD Associate Medical Director

Devin O'Day: Director of Information & Outreach, FRW

Matt Fiorenza: Anaheim Firefighter and peer support education chair

SUNDAY APRIL 5 2:00 PM

ZOOM Meeting ID: 368 034 103
Password: 040520

TOPICS INCLUDE:

What should my concerns be when he/she comes home after being exposed?

How does our family/children deal with the new norm?

What are some tools we could use in creating and keeping a positive environment when often there's so much negativity?

What about the problems we were already facing before this came along?

Where do we turn for support?

Question & answer session



Co-Sponsored by San Diego Fire-Rescue Department's Health & Safety Office and
First Responder Wellness by Simple Recovery
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