



MENTAL HEALTH & WELLNESS FOR

EMERGENCY RESPONDERS

SUPPORTING THOSE WHO SAVE LIVES

**MAY 15, 2025
10:00 AM
LAGUARDIA MARRIOTT**

**FREE ADMISSION
OPEN TO ALL
RESPONDERS**

WHAT TO EXPECT:

- Peer Support & Coping Mechanisms ✓
- Strategies for Stress Management ✓
- Recognizing Signs of Burnout ✓
- Guided Meditation & Mindful Sessions ✓
- Expert Panel with Mental Health Professionals ✓



**Keynote Speaker:
Matthew Giacomelli**



**Panel Discussion:
John Fleischmann**



Register Today

<https://BQEPC.eventbrite.com>

