



Join our Mission

FRSN is a collaboration of first responder and partner peers, culturally competent clinicians, chaplains, and other volunteers and supporters. We are committed to diversity, equity, inclusion and belonging in our work and offer a brave space for every First Responder and partner.

Our programs are successful because of dedicated volunteers and charitable contributions. Contact us to get involved or become a supporter!

FRSN is a non-profit organization under 501(c)(3).

Tax ID: 73-1628834

Donations are tax-deductible.

www.FRSN.org



First Responder Support Network

4460-16 Redwood Hwy #362

San Rafael, CA 94903 (mailing only)

(415) 721 - 9789 | info@frsn.org

www.FRSN.org



First Responder Support Network



Our Mission

The mission of the First Responder Support Network (FRSN) is to promote recovery from traumatic stress and critical incidents experienced by first responders and their partners by providing educational treatment programs.



Training & Outreach

FRSN provides basic and advanced peer support trainings. Clinical and Chaplain training opportunities are also available through volunteer roles.

FRSN is available to speak with responders, their families, and anyone seeking to assist a responder or their significant other.

Our goal is to provide first responders and their partners with tools to reduce the effects of traumatic stress and develop resiliency. The key programs of FRSN are 6-day residential treatment retreats. West Coast Post-Trauma Retreat (WCPR) is for first responders, and Significant Others & Spouses (SOS) is for spouses and partners of first responders.

We are headquartered in California, with WCPR satellite sites in Oregon, Washington, Kansas, and Indiana. SOS is offered in California.

FRSN also provides training, outreach, research, ongoing peer support, and resource referrals.



WCPR West Coast Post-Trauma Retreat

The West Coast Post-Trauma Retreat (WCPR) is for first responders whose lives have been impacted by their work experience and critical incident stress. The program provides education, wraparound support, and healing designed to help active, former, and retired first responders develop recognition and resilience around post-traumatic stress and post-traumatic growth.

SOS Significant Others & Spouses Retreat

The Significant Others and Spouses (SOS) program provides wraparound support to current or former partners of first responders where they are able to process their own trauma and stress and gain understanding into the uniqueness of being a first responder's partner. The program addresses depression, anxiety, and trauma histories and promotes resiliency skills.

Research

FRSN is committed to furthering the understanding and treatment of traumatic stress in first responders and their partners. To that end, FRSN pioneers research, including evaluation of the efficacy of our programs.

