



# TWO - DAY BASIC PEER SUPPORT TRAINING

IN PARTNERSHIP WITH COSTA MESA POLICE DEPARTMENT

Embassy Consulting Services and Heather Williams, PsyD. are now approved by the California Firefighter Joint Apprenticeship Committee to provide training to fire service personnel that meets the requirements of AB 1116, the California Firefighter Peer Support and Crisis Referral Services Act.

This course is designed to provide public safety peer support team members the basic knowledge and skills necessary to provide support, guidance and resources to their peers during difficult times in their personal and professional lives.

Topics will include:

- Stress, Burnout and Anger
- Traumas of public safety
- Trauma listening
- Crisis intervention
- Relationship stress and infidelity
- Death and traumatic loss
- Mental health issues such as depression, anxiety & PTSD
- Line of duty deaths
- Public safety suicide
- Organizational stress & toxic personalities
- Substance abuse
- Building resiliency in members of peer support

## PRESENTER



**HEATHER WILLIAMS, PSYD.**

**Consultant, Embassy Consulting Services, LLC  
Owner, Premier First Responder Psychological Services**

After spending 5 years with the Orange County Sheriff's Department as the Regional Peer Support Coordinator, Heather elected to take her passion to another level and in 2019, established Premier First Responder Psychological Services. In 2023, she acquired Coherence Associates located in Carlsbad, CA. As a licensed psychologist, Heather is providing culturally competent services to individuals and couples working in public safety. Additionally, Heather assists departments develop and sustain peer support programs, provides consultation, 24/7 critical incident response, facilitates a 2-step model of critical incident debriefing, and provides personalized training on several topics.



### DATE

September 24, 2024 &  
September 25, 2024



### TIME

8:00 am – 5:00 pm



### COST

\$300.00



### LOCATION

Norma Hertzog Community  
Center  
1845 Park Ave.  
Costa Mesa, CA 92627

EMBASSY STRATEGIC PARTNER



**STC CERTIFIED**

01577038

**POST CERTIFIED**

1083-22639-23

REGISTER ONLINE

SCAN THE QR CODE TO REGISTER!

OR VISIT

[EMBASSYCONSULTINGSERVICES.COM](https://www.embassyconsultingservices.com)



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\*No refunds, however substitutions will be permitted.

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