

NAMI STRONGER TOGETHER:

*Pre-Planning, Hot Zone Operations,
and Overhaul for Fire Service Couples*



Workshop Highlights

The Impact of the Job

- Aspects of the job and fire service culture that influence the wellbeing of firefighters and their relationships

Mental Health & Resilience

- Overview of relevant mental health symptoms and conditions
- Positive coping strategies and working together toward wellness goals

Tools & Strategies

- Prevention and management of conflict
- Effective communication and problem solving
- Identifying and addressing problem areas before they develop into more serious issues

About the Workshop

Stronger Together is a four-hour workshop designed to empower firefighters and their significant others to strengthen their relationships and improve their mental and physical health. It has been developed to address the unique challenges faced by public safety families and offers realistic, relevant strategies couples can begin using right away.

The workshop aligns evidence-based strategies for improving relationships with familiar fire service concepts. Group discussion and activities reinforce workshop content, while also encouraging social connection and allowing participants to learn from each other's experiences.

Who Should Attend?

Stronger Together is designed for firefighters and their significant others, but it can also be beneficial for others who have an interest in supporting fire service couples or are seeking refresher training or additional skills.

- Peer support leaders
- Chaplains
- Wellness team members
- Company officers & department leadership

Training materials include a facilitator guide, a presentation slide deck and handouts, available at no cost.

To learn more, contact frontlinewellness@nami.org.