



# You've Held the Line. Now Let Someone Hold Space for You.

**SHIELD** is a peer-led support group for first responders and disaster personnel—including fire, EMS, law enforcement, dispatchers, emergency management, corrections, and search and rescue workers. It's a safe, non-clinical space to process trauma, reduce isolation, and begin walking toward healing.

- You do not need a diagnosis to attend.
- You do not need to speak if you're not ready.
- You only need to show up—and want something better.

## **SHIELD stands for:**

*Supportive Healing Initiative for Emergency, Line, and Disaster Responders.*

**Meetings are free, confidential, and open to any responder seeking peace after the storm.**

## **Local Meeting Info:**

**Wednesdays at 7PM – Via Zoom**

For more info, or to receive login information, email [shield@sc-rsi.org](mailto:shield@sc-rsi.org)

Learn more: [www.sc-rsi.org/shield](http://www.sc-rsi.org/shield)

**You don't need to feel steady to be steady. You just need to come back.**