



Trauma doesn't always look like breakdown.

**Sometimes it looks like silence, irritability,
trouble sleeping, or pulling away.**

If you're a responder who's been through the hard stuff—and you're tired of carrying it alone—**you're not alone.**

SHIELD is a safe, confidential peer support group for first responders and disaster workers.

No pressure. No fixing. Just presence, grace, and a path forward.

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

Learn more: www.sc-rsi.org/shield