



## SHIELD: A Place for Responders to Heal

- **What it is:** A peer support group based on shared experience, steady practice, and trauma-informed grace
- **What it's not:** Therapy, religion, or a place to be fixed
- **Who it's for:** Fire, EMS, law enforcement, dispatch, corrections, EM, SAR, and disaster personnel
- **What to expect:** One-hour meetings with structured steps, honest conversation, and zero pressure to speak
- **The goal:** Not to go back to who you were—but to become someone whole and steady in the present

For more information, contact: [shield@sc-rsi.org](mailto:shield@sc-rsi.org)

### 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)

“This is the only space where I didn’t have to explain the weight I was carrying. People just got it.”