



## Have You Heard About SHIELD?

SHIELD is a **confidential peer support group** for first responders and disaster personnel. You don't need a diagnosis or prior experience—just a desire to start healing. We offer steady, consistent support for those who've carried trauma alone for too long.

We meet weekly, and all first responders and their immediate families are welcome.

### How to get involved:

- Meetings are free.
- Meetings are confidential.
- You don't have to speak, just show up.

### 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)

**“SHIELD gave me a space where I didn't have to explain my pain. For the first time, I felt understood by people who've been through what I've been through. It's not about fixing each other; it's about showing up for each other.”**