



COLUMBUS FIRE RREACT



Rapid Response Emergency Addiction and Crisis Team

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Franklin County Family and Children First Council
Building Better Lives Initiative
presents

“How our Brains Respond to Stress”

A brain respectful trauma training focused on understanding the impact of stress, trauma and toxic stress on children and adults. This training specifically focuses on the impact of stress on first responders. Learn strategies to regulate your stress response effectively.

Training Class will be held at Columbus Fire Training Academy

3639 Parsons Ave. Columbus, OH 43207

9:00AM – 3PM

Wednesday March 05, 2025

Sign Up using the following link!

<https://www.eventbrite.com/e/how-our-brains-respond-to-stress-tickets-1152619208079?aff=oddtcreator>

For Questions Contact: Eve Fitch, LISW @ Evadna.fitch@escco.org [614-578-8070](tel:614-578-8070)

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