



# 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.

Multiple Dates Available:

All Training Classes will be held at Columbus Fire Training Academy

3675 Parsons Ave. Columbus, OH 43207

8 AM – 4PM

**Thursday July 22<sup>nd</sup>**

**Tuesday August 3<sup>rd</sup>**

**Tuesday August 24<sup>th</sup>**

Sign Up on Survey Monkey:

<https://www.surveymonkey.com/r/CYCCYK5>

For Questions Contact: Captain Matt Parrish @ [MParrish@Columbus.Gov](mailto:MParrish@Columbus.Gov) or  
Eve Fitch, LSIW @ [EMFitch@Columbus.gov](mailto:EMFitch@Columbus.gov)

