



Penn Medicine
Princeton House Behavioral Health

TOO STRONG FOR TOO LONG



A VIRTUAL SUPPORT GROUP
FOR FIRST RESPONDERS LED
BY FIRST RESPONDERS.

Thursdays, 12:45 – 1:45 p.m.

Register online at princetonhcs.org/calendar.
Use key words "Too Strong." Registration is required.
Space is limited.

COVID-19 calls. Traumatic events in the workplace. Unrest, uncertainty, quarantine. 2020 has been an extraordinarily hard year to be a first responder.

Join Too Strong for Too Long, a **free, confidential** support group for first responders, led by first responders from Penn Medicine Princeton House Behavioral Health. Using a virtual platform, join other men and women who serve and protect society for an interactive discussion on ways to maintain balance and structure in our lives, promote physical and mental wellbeing, and develop resiliency needed for your personal and professional success.

Group facilitators are licensed therapists who are or have been first responders themselves, serving in the military, police, corrections, fire, and EMS services.

The group will be held virtually via the BlueJeans video conferencing platform, which can be accessed from a computer, tablet, or smartphone. Participants will be emailed a link to join the video conference. Groups meet weekly, and participants can sign up for any number of sessions. All first responders and military members are welcome to participate.

"First responders have had an unprecedented year of crisis after crisis. Too Strong for Too Long is Princeton House's way of extending a hand of support for those who protect and serve us all."
Michael Bizarro, PhD, LCSW, Clinical Director, First Responder Treatment Services



Michael Bizarro, PhD, LCSW
Clinical Director
First Responder Treatment Services
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Ken Burkert
Peer Support Specialist
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Equitable Care for All

At Penn Medicine Princeton Health, all patients, without exception, have the right to high-quality, unbiased, patient-centered health care, regardless of sexual orientation or gender identity or expression.



To learn more about Princeton House, visit princetonhouse.org or call **888.437.1610**.

Penn Medicine Princeton Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, servicios gratuitos de asistencia del lenguaje están disponibles para usted. Llame al 1-609-853-7490. 请注意: 如果您讲中文, 您可以免费获得语言协助服务。请致电 1-609-853-7490。