MISSION READY
FIRST RESPONDER WELLNESS

A SELF-CARE COURSE FOR POLICE, CORRECTIONS, DISPATCH, FIRE, EMS, AND CRISIS RESPONDERS

Train for what comes after.

You already trained to respond. Mission Ready is a two-day course designed to give you the knowledge and skills for what comes after.

What you will work on

- Stress and healthy coping
- Spotting warning signs and knowing where to get help
- Peer conversations when someone on your shift is struggling
- Your own written wellness plan and a 90-day journal
- Self-care for a sustainable career
- Working through traumatic calls and the aftermath
- Performing under pressure in critical incidents
- Mental health recognition and resources

Your instructors



Lindsey Pappas
Public safety veteran, CISM Team
21 years of service



Dr. Frank Rubino
Licensed clinician, 30 years working with first responders

WHEN
Jan 11–12, 2027
8:00a to 4:00p

WHERE
Washtenaw Community College

COST
$450 per participant

CREDIT
16 CPE hours, MCOLES approved

REGISTER TODAY

bit.ly/4hXWapv

Questions? Lindsey Pappas | 586-709-6015
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the Cardinal Group II