



TAC TALK

FIRST RESPONDER PERFORMANCE GROUP

An applied behavioral neuroscience and psycho-education group for first responders (law enforcement officers, firefighters and rescue, paramedics, emergency medical technicians, dispatchers, corrections officers, emergency-room personnel, trauma therapists), to improve on-the-job performance and explore effective recovery modalities.



Group Topics:

- ✓ Nervous System Resilience
- ✓ Stress Response Management
- ✓ Low Level and High Level Coping Skills
- ✓ Effective Recovery and Restorative Modalities

Dates and Times:

ONLINE: Based on Request

IN-PERSON: Tues 9-11am, Thurs 7-9pm

ADDRESS: VMR Therapy Inc., Bonita
5012 Central Ave Ste F Bonita, CA 91902

FOR MORE INFORMATION:

619-636-0909

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www.vmrtherapy.com

Rate: \$60 per class

Laura Gordon, MFT Trainee, J.D., CSCS
Supervised by Dr. Vanessa Rodriguez, LMFT #51145

Laura is passionate about mental and physical health, blending somatic therapeutic modalities with behavioral neuroscience research to help individuals pursue optimal levels of performance, with particular emphasis in careers that demand high levels of on-the-job stress.

