

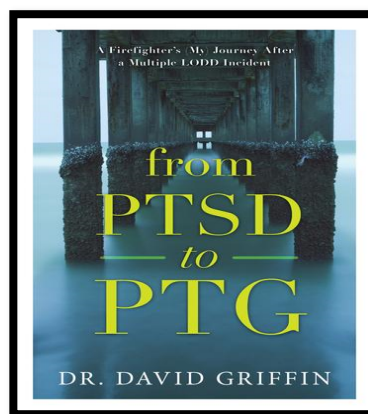


North Metro Fire Rescue District

Is proud to present:

Turn PTSD into PTG: It Will Change Your Life

By: Dr. David Griffin



On June 18, 2007, nine firefighters perished in a warehouse fire in Charleston, SC. David had the unfortunate experience of being the engineer on the first due engine that day & suffered from PTSD.

He delved into a life of alcohol and prescription drug abuse, had erratic behavior, sleeve tattoos, depression & survivor's guilt. Find out how he changed PTSD into PTG – Posttraumatic Growth!

This seminar will present:

- Learning how to change PTSD into PTG – posttraumatic growth
- How PTG is a phenomenon where a person becomes stronger
- Insight how PTG creates a more meaningful life for those in the wake of trauma
- Discussion of the signs and symptoms of PTSD
- Attendees will complete a Posttraumatic Growth Inventory Survey to identify level of PTG
- Ability to administer survey to their organization to identify signs and symptoms of PTSD
- Take away tangible tools to assist in the fight against PTSD and firefighter suicides

When: April 2nd 0800-1100 (all sessions are the same class)

April 2nd 1200 - 1500

April 4th 0800-1100

April 4th 1130 - 1430

Cost: \$50.00 per student

Location: 1006 Weld County Road 11 – Building C, Northglenn

To Register: <https://www.northmetrofire.org/Activities/Activity/Detail/Dr-David-Griffin-Training-Class-650>

If you have questions please contact: Debbie VanWansele at 303-252-3502

For additional information please see Dr. Griffin's "On a Mission" website:

<http://www.drdavidgriffin.com/about.html>