

We are excited to share a unique opportunity to join First Responder spouses all over the country for our new resilient series. We plan to offer these monthly modules every other month, addressing the issues that First Responder spouses encounter, and offer the hope that is found in Jesus and God's Holy Word.


As you look through the details in the class schedule below, please consider forwarding this invitation to other first responder spouses you have contact with, inviting them to join in! All classes will be on zoom from 7:00-8:30 PM PST.

***RSVP to reserve a spot to today! Email: [nadine.dody@navigators.org](mailto:nadine.dody@navigators.org)***

Love and blessings, the Navigator First Responder Spouse and Family Ministry team,  
*Amy Kyser, Christine Heric, Nadine Dody and Sue Groh*

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Join us for an evening of learning how to maintain balance in your first responder lifestyle. We'll discuss the challenges of an unpredictable schedule, finding inner peace, managing the emotional ups and downs of the job, and strengthening family bonds. We encourage you to attend all the sessions, but if you are unable to make it to some, don't worry – we understand. Sessions will be recorded to view later.



<b>UPCOMING CLASSES</b>	
<b>FINDING YOUR BALANCE</b>	
<b>FEBRUARY 2024</b>	
<b>FEB. 5 - 7:00PM PST</b>	BALANCING IN SCHEDULE - HOW TO BALANCE YOUR FIRST RESPONDER LIFE SCHEDULE
<b>FEB. 12 - 7:00PM PST</b>	BALANCE IN SOULCARE - WHAT IS SOULCARE
<b>FEB. 19- 7:00PM PST</b>	FINDING BALANCE IN THE FIRST RESPONDER CYCLE
<b>FEB. 26 - 7:00PM PST</b>	FAMILY BALANCE- TIPS AND TOOLS TO BUILD FAMILY CONNECTION

The upcoming classes will be taught by Nadine Dody MA, MFT, LPC, who is the spouse of retired police Sergeant, Vic Dody. As a certified first responder counselor and wellness practitioner, she has been actively engaged with the Navigators Spouses ministry.