

**NORTHEAST  
TEXAS  
FIREFIGHTER  
HEALTH & SAFETY  
TRAINING  
ON TRAUMA &  
RESILIENCE**

# STAND DOWN

Featuring Rebecca Thomas LMSW, Director of Operations for Tania Glenn & Associates, PA

**TUESDAY JANUARY 3, 2023**

**WEDNESDAY JANUARY 4, 2023**

**THURSDAY JANUARY 5, 2023**

(Repeating Times)

**9:00 AM-11:00 AM & 1:30 PM-3:30 PM**

**LONGVIEW CONVENTION COMPLEX  
EITELMAN ROOM  
(100 GRAND BLVD LONGVIEW, TX)**

**ADMISSION IS FREE  
BUT SEATING IS LIMITED SO PLEASE RSVP  
PLEASE RSVP (903) 237-1226  
THAMBLN@LONGVIEWTEXAS.GOV**

Sponsored by the Kilgore, Longview and Marshall Fire Departments, this workshop is designed to educate participants on the types and effects of stress and mental health issues that confront fire service professionals nationwide. The course employs hands-on, reality based examples that are both useful and enlightening. Participants will be provided with the necessary tools to recognize and understand the signs and symptoms of stress, to recognize the types of incidents that will need follow-up care, and effective ways for managing stress.

Dr. Tania Glenn is the president of Tania Glenn and Associates (TGA), PA a clinical practice in Austin, TX that is focused on promoting resilience, critical incident response and peer support team training and activation. As a leading national clinician in the treatment of post-traumatic stress disorder (PTSD), Dr. Glenn specializes in working with emergency responders, military and the aviation community.

