

# 2-DAY BASIC PEER SUPPORT TRAINING

Strategic Partner:



Course Partner:



DATE	TIME	COST	LOCATION
Sept. 24-25, 2025	8:00am - 5:00pm	\$300.00	Quail Hill Community Center 39 Shady Canyon Dr Irvine, CA 92603

## DESCRIPTION

Embassy Consulting Services and Heather Williams, PsyD., have been approved by the California Firefighter Joint Apprenticeship Committee to train fire service personnel that meet the requirements of AB 1116, the California Firefighter Peer Support and Crisis Referral Services Act.

This course is designed to equip public safety peer support team members with the fundamental knowledge and skills necessary to offer support, guidance, and resources to their peers during challenging times in their personal and professional lives.

### Topics will include:

- Stress, Burnout, and Anger
- Traumas of public safety
- Trauma listening
- Crisis intervention
- Relationship stress and infidelity
- Death and traumatic loss
- Mental health issues such as depression, anxiety, & PTSD
- Line of duty deaths
- Public safety suicide
- Organizational stress & toxic personalities
- Substance abuse
- Building resiliency in members of peer support

## PRESENTER



**Heather Williams, PsyD.**  
Premier First Responder  
Psychological Services

After spending the last 20 years responding to critical incidents in partnership with law enforcement and 5 years with the Orange County Sheriff's Department as the Regional Peer Support Coordinator, Heather elected to take her passion to another level and in 2019, established Premier First Responder Psychological Services. As a licensed psychologist, Heather has committed to serving and protecting public safety and their family members by providing exceptional, culturally competent services. She offers individual, couples, and EMDR therapy, 24/7 crisis response services, critical incident debriefing, peer support development, oversight, training/presentations, consultation, active shooter response, and recovery coordination/crisis response services.



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