

2-DAY BASIC PEER SUPPORT TRAINING

Course Partner:



DATE
August 3-4, 2026

TIME
8:00am - 5:00pm

COST
\$300.00

LOCATION
Los Angeles Port Police
Training Center
300 E. Water St.,
Wilmington, CA 91744
Upstairs Large Training Room

DESCRIPTION

Embassy Consulting Services and Heather Williams, PsyD, are approved by the California Firefighter Joint Apprenticeship Committee (Cal-JAC) to deliver peer support training under AB 1116, the California Firefighter Peer Support and Crisis Referral Services Act. This training also fulfills the requirements of AB 1117, the Law Enforcement Peer Support and Crisis Referral Services Program.

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 more than 20 years responding to critical incidents alongside law enforcement, and five years serving as the Regional Peer Support Coordinator for the

Orange County Sheriff's Department, Heather chose to take her passion for supporting first responders to the next level. In 2019, she founded Premier First Responder Psychological Services. As a licensed psychologist, Heather is dedicated to serving and protecting public safety professionals and their families by providing exceptional, culturally competent care. Her services include individual, couples, and EMDR therapy; 24/7 crisis response; critical incident debriefings, peer support program development, oversight, and training/presentations consultation, and active shooter response and recovery coordination/crisis response services.



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