



Fire Hero Family Conference

Discover hope, healing, and resilience

September 22 - 26, 2024 | Mesa, Arizona

“You will meet amazing people who understand what you are going through.”

♥ Previous Conference Attendee

PLEASE JOIN US!

The National Fallen Firefighters Foundation invites spouses, life partners, parents, adult children, and siblings of fallen firefighters honored or approved to be honored at the National Memorial in Emmitsburg, Maryland. The conference is open to those age 18 or older.

You'll discover essential skills to **navigate life after the death of a loved one**. Sessions will focus on grief and loss, communication and coping strategies, and practical skills such as financial planning and self defense.

Embrace this chance to **connect** with others who **understand** your journey—and find the **resources** you need to **adjust and thrive**.



Wellness & Movement



Hands-On Projects



Creativity & Mindfulness

Includes customized group sessions for:

- Spouses & Partners
- Parents
- Siblings
- Adult children
- Men

“I took something away from every workshop I attended.”

♥ Previous Attendee

Our facilitators include experts in: • Grief • Behavioral Health • Personal Finance • Mindfulness • Creative Outlets • Parenting • Wellness • Communication

The goal of the conference is to provide **knowledge, skills, experiences**, and **a network** of people to support your day-to-day life **long after the event ends**.



Register Today!

cvent.me/0QR7rD

Registration is on a first-come, first-served basis until full or when registration closes on August 19, 2024.