

# FIRE SPOUSE RESILIENCE GROUP

**Join Us for a Monthly  
Virtual Gathering!**



Join Dr. Zemlok, a licensed psychologist and fellow fire spouse, in a supportive group specifically for fire spouses. This will be a monthly small group meeting and an opportunity to build community, share insights and challenges, and learn effective strategies for navigating the unique challenges of this life. Strengthen connections, gain support, and discover valuable resources in a safe and understanding setting.

## **Details:**

- Commitment is 1x per month virtual meeting for 90 min.
- Only up to 6 spouses per group for an intimate experience.
- If interested reach out to Dr. Z today!



Dr. Rachelle Zemlok

[www.FirstResponderFamilyPsychology.com](http://www.FirstResponderFamilyPsychology.com)



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