

WESTCHESTER COUNTY TRI-FIRE SERVICE ASSOCIATIONS



PRESENTS

Becoming Unbreakable: Breaking the Stigma and Building First Responder Resilience



November 19, 2025 - 1900 hours

Buchanan Engine Company No. 1
3159 Albany Post Road
Buchanan NY 10511

**All First Responders are
welcomed/encouraged to attend**

**Association of Fire Districts of Westchester County (AFDWC), Westchester County
Association of Fire Chiefs (WCAFC) & Westchester County Volunteer Firefighters
Association (WCVFA) presents...**

First responders face trauma every day. Mental health struggles are not weakness they are an occupational hazard of being a first responder. It starts with leadership and by breaking the stigma, supporting each other, and tuning into our bodies through interoception (listening to stress signals like racing heartbeat or tight chest), and other techniques, we build true resilience.

Safe to Speak. Safe to Feel. Safe to Heal.

Presenter:

Angela M. Outhouse, RN, BSN, EMT. Vice-Chair, Behavioral & Mental Health Committee

Light refreshments will be served