



# Michigan Regional Conference

A unique, educational wellness and suicide prevention for Law Enforcement, First Responders, and Families.

September 18-19, 2019

Kewadin Hotel and Casino

2186 Shunk Road Sault Ste. Marie, MI, 49783

0830 – 1700

Registration and continental breakfast starts are 0730

**\$95 per person**

## TOPICS:

Surviving Critical Incidents and Marriage  
Cathy & Javier Bustos, That Peer Support Couple

Passing PTSD Legislation  
Geoffrey Bichler, Esq., Bichler, Kelley, Oliver & Longo

PTSD: Cumulative Trauma, and the Ripple Effect  
Nicholas Greco, C3 Education and Research, Inc.

Help for Our Heroes  
Richard Wistocki and Carlos Farina, Transformations

Building Financial Strength  
Nick Daugherty, Financial Cop

Living with PTSD – A Spouses Perspective  
Rebecca M. Ferreira-Sherman

Changing Our Culture in Public Safety  
Jaysyn Carson

Processing Stress and Enhancing Performance  
Susan Smedley, Yoga for First Responders

My Journey to Recovery, Leo Petrilli



## PANEL DISCUSSION:

Families and widows of those lost to suicide will share their stories.



**1<sup>st</sup> RESPONDER**  
CONFERENCE

**Continental Breakfast and Lunch is Included**

**Registration is mandatory:**

<https://bluehelp.org/>

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