

SIGNIFICANT OTHER SURVIVAL

HOW TO SURVIVE 2021 WITH YOUR RELATIONSHIP INTACT
IN COLLABORATION WITH CALFIRE EMPLOYEE SUPPORT SERVICES AND THE
COUNSELING TEAM INTERNATIONAL



WEBINAR FOR SPOUSES OF CALFIRE RRU

ONLINE ZOOM MEETING CLASS DATES:

THURSDAY, FEBRUARY 4, 10AM-12PM

SATURDAY, FEBRUARY 6, 10AM-12PM

WEDNESDAY, FEBRUARY 10, 10AM-12PM

SATURDAY FEBRUARY 13, 10AM-12PM

WEDNESDAY, FEBRUARY 17, 10AM-12PM

SATURDAY, FEBRUARY 20, 10AM-12PM

Wellness and job performance for our fire department personnel depends upon the support they receive at home from their significant others and other family members. The more significant others understand about the fire department culture, the stressors of the job and the effects this career has on their personal lives, the better the chance for healthy relationships and reduced stress on everyone. This course will cover topics including positive communication skills, the impact this career has on children, and how families can provide support in the effort to remain resilient against stressors of the job.



Meet the Therapist

Niki Stepanian, M.A. is a Licensed Marriage and Family Therapist (MFT96376). She received her Bachelor's of Art degree in English from the University of LaVerne and Master's of Art degree in Psychology from Chapman University. As the wife of a firefighter, she is aware of the unique challenges the profession can have on relationships and family. She also has experience working with the effects of compassion fatigue, accumulated stress and work place burnout, and PTSD/PTSD. She specializes in working with various forms of trauma and she is a Certified Trauma Therapist trained in EMDR, domestic violence and Crisis Intervention Stress Management (CISM.)



To register for the Live Significant Other Survival webinar, please contact Marcie Yates, CALFIRE ESS by email at marcie.yates@fire.ca.gov or by phone at 916.917.3053