

FRONT LINE FOUNDATIONS

SKILLS-BASED
MINDFULNESS EDUCATION
FOR VETERANS &
FIRST RESPONDERS



[FRONTLINEFOUNDATIONS.ORG](https://frontlinefoundations.org)



"IF YOU WANT TO WALK FAST, WALK
ALONE. IF YOU WANT TO WALK FAR,
WALK WITH OTHERS."

- EAST AFRICAN PROVERB

WHO WE ARE

FOUNDED IN 2020, **FRONT LINE FOUNDATIONS** IS A 501(C)3 NON-PROFIT ORGANIZATION BASED IN SOUTHERN VERMONT. WE PROVIDE SKILLS-BASED MINDFULNESS EDUCATION AND TREATMENT FOR VETERANS AND FIRST RESPONDERS TO ADDRESS THE IMPACT OF POST-TRAUMATIC STRESS. WE ALSO OFFER INDIVIDUAL THERAPY AND IN-SERVICE TRAININGS.

THE SERVICES WE OFFER

OUR 5-DAY MINDFULNESS PROGRAM
IN BELLOWS FALLS, VERMONT

IN-SERVICE RESILIENCY TRAININGS AT
POLICE, FIRE, & EMS DEPARTMENTS

INDIVIDUAL THERAPY - AT OUR OFFICE
IN VERMONT, AND TELEHEALTH



OUR 5-DAY MINDFULNESS PROGRAM

THE MINDFULNESS SKILLS WE PRACTICE DURING OUR 5-DAY PROGRAM HELP TO REDUCE ANXIETY, BUILD INTERNAL RESILIENCY, AND ALLOW THE BODY TO REGULATE ITSELF NATURALLY. THE PROGRAM TAKES PLACE IN A CLASSROOM SETTING AND IS PEER-SUPPORTED AND SKILLS-BASED.

"FLF HAS A VERY DIFFERENT APPROACH. IT DOES NOT FEEL LIKE THERAPY. IT FEELS LIKE GOING TO SCHOOL, BY TEACHING ME THE SKILLS AND THE TOOLS I NEED FOR REPROGRAMMING MY BODY AND NERVOUS SYSTEM."

- BRAD K. (FIREFIGHTER, VETERAN)

LEARN MORE
ABOUT
MINDFULNESS



**LEARN MORE
ABOUT US**



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CONTACT US

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