



VETERANS COALITION
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HOW FULL IS YOUR BUCKET:



BURNOUT AND CAREER SURVIVAL FOR FIRST RESPONDERS



Presenter: Dr. Nicole L Sawyer

Length: 2.5hours

Program Description:

This is an honest (and sometimes harsh) discussion about the physiological and psychological impacts of a long-term public safety career. We will dive into the chemistry of stress and trauma, the bad habits that come from trying to cope, the impacts on our emotional self and family life, eating habits, drinking habits, poor sleep and personal accountability for all of the above. This program is not about solutions, its about ownership and accountability for our wellbeing and communication and truth for our loved ones.

Presenter Bio:

Nicole L Sawyer, PsyD

is a licensed clinical psychologist in New Hampshire. She has been working with first responders and military personnel for over 20 years.

NOVEMBER 9, 2026

6 - 9 PM

WHOLE VILLAGE FAMILY RESOURCE CENTER

258 HIGHLAND STREET

RSVP REQUIRED

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