**Quotes from Attendees of The First Responders’ Bridge Retreat**

" We were surrounded with people that actually know what the First Responder/family go through daily AND they want to help us AND we were really given keys to a FREE room AND the fed us.... Unimaginable!!"

" Thank you to The Bridge and to each and every one of the speakers! Top notch!! I am truly honored and grateful to have been a part of something so powerful!

“I was suicidal prior to The Bridge retreat but now I have hope”

" The Bridge retreat truly saved my life. It was like those speakers have been in my living room because they knew exactly what I was feeling. Since the retreat I have had such peace. I'm not angry like I used to be.  I have not felt like this since I was a kid. Thank you Bridge staff for caring about all of our First Responders and our families because this has been not only life changing for me but for my wife as well, understanding what I go through."

" I STRONGLY, STRONGLY, STRONGLY encourage my fire family and First Responder family to do this because it really is amazing. I learned so much."

" It was a true honor to be a part of the very first Bridge retreat. My wife and I had an outstanding experience! We highly recommend this retreat. The entire Bridge staff, speakers and sponsors know just how important this is for First Responders and their spouses. Thank you to The Bridge for having this vision and providing such an important resource for our first responder family. A+"

" Amazing weekend! I met so many great people and made a lot of friends. The weekend helped me a lot."

" I have been in denial about the toll the job has taken on me and my family. Now, I'm hopefully heading back in the right direction, thanks to The Bridge."

" I was made to come with my wife. I have been hurting for a long time since the death of my partner. I have been through 4 years of counseling and boy, what I learned this weekend was mind blowing. I was mentally exhausted for 2 days after. I can't tell enough people about how I feel, knowing I'm not alone!"