



CAL FIRE EMPLOYEE SUPPORT SERVICES PRESENTS:

# HOW TO HELP YOUR FIREFIGHTER KIDS THRIVE SUPPORT GROUP SERIES

A LIVE WEBINAR DESIGNED FOR CAL FIRE PARENTS

## Rachelle Zemlok, PsyD

LICENSED CLINICAL PSYCHOLOGIST

Rachelle Zemlok, PsyD is a licensed child and family psychologist in California and specializes in supporting and educating first responder families in private practice. As a fire spouse and law enforcement sister she knows what type of impact the career can have and hopes to provide families with information that will keep their family resilient. She is the author of "THE FIREFIGHTER FAMILY ACADEMY: A GUIDE TO EDUCATE AND PREPARE SPOUSES FOR THE CAREER AHEAD." Dr. Zemlok also has a podcast "CODE 3 FAMILIES" and a blog on her website geared toward supporting and educating first responder spouses.



## Support Group Focus:

Children and adolescents are not immune to stress associated with their parent's work. This stress can begin to interfere with their daily lives. In the upcoming support groups we will focus on ways we as parents can help our CAL FIRE children cope with the challenges that are unique to this organization as well as connect with other CAL FIRE families.

Each month we will focus on a different topic in support of helping our CAL FIRE children thrive.

JOIN US LIVE VIA ZOOM

Thursday, April 15, 2021  
6:00pm~8:00 pm

Saturday, May 15, 2021  
1:00pm~3:00pm

Saturday June 19, 2021  
1:00pm~3:00pm

TO REGISTER FOR THE SUPPORT GROUP, PLEASE CONTACT MARCIE YATES, CAL FIRE ESS BYEMAIL AT [MARCIE.YATES@FIRE.CA.GOV](mailto:MARCIE.YATES@FIRE.CA.GOV) OR BY PHONE, 916.917.3053.

