JULY 2026

YOUR FIRST RESPONDERS ASSISTANCE



CONNECTIONS INC

First Responders Assistance Program | First Responders & Family Solutions

SDML Workers • Compensation • Fund

SDPAA Liability & Property Pool

Resilience Reset:

5 Ways to Thrive Through Change

Available on Demand Starting Jul 21

Learn proven techniques to manage competing demands and maintain balance without burnout. Discover simple ways to build resilience, adapt to challenges, and recover more quickly during life transitions.

LET US HELP

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