

**CODE 9 PROJECT INTRODUCES THE T.U.F. PROGRAM
SACRAMENTO AREA CHAPTER**



TALK, UNWIND, FOCUS

The Code 9 T.U.F. Program is a Universal Peer Support Program that gives all first responder groups, active or retired, sworn and non-sworn and Military Veterans access to safe, anonymous and confidential peer support. The meetings are held once a month and are completely anonymous. There are no department affiliations or biases. The meetings are universal, meaning every chapter is run with the same format and topics of discussion monthly. **These meetings are not just for those suffering from trauma but help with tools to deal with every day stressors such as anxiety, fatigue, frustration and many others.**

Our goal is to provide trusted and accessible resources to as many first responders and veterans as possible, so no one goes unheard or unsupported. The kick off meeting for this chapter is as follows:

WHEN:

THIRD SATURDAY OF EACH MONTH, 10:00 - 11:30 A.M.

WHERE:

SACRAMENTO COUNTY DEPUTY SHERIFF'S ASSOCIATION OFFICE
640 BERECUT DRIVE, SACRAMENTO, CA

PLEASE RSVP:

GORDON SMITH, CODE 9 PROJECT, (916) 591-0269 / gordonsmithtac@att.net