



Short Description of Program:

PTSD, most commonly attributed to veterans and first responders, is present in the daily lives of everyone. FFH aligns our approach to multiple trauma environments and vectors, primarily PTSI and STI. Although many sufferers devolve and anchor into PTSD, the more common version is not a disease or defect; we know it is an injury. Then, there is STI, certainly never a form of victimization anyone chooses. Yet, millions suffer from sexual trauma silently and needlessly, as we can help them escape from their pain and depression. There are answers; most require a tiny bit of courage and participation. Our trainers at FFH are the bridge between suffering in silence or getting confidential relief by removing the stigma and overwhelming shame most STI victims experience. Let us be your guide. Veterans, first responders, and STI survivor-thrivers willing to share: Contact Buddy for details.

Pricing:

Lunch - \$150 "Single Instructor" 50 to 150 Participants (Min. 25)

Half-Day Intensive - \$800 "Two Instructors" (1 per 25) 25 to 50 Participants (Min. 12)

Full-Day Hyper-Intensive - \$1200 "Four Instructors" (1 per 6) 6 to 24 Participants (Min. 4)

Two-Day "Deep-Dive" Mastermind - \$4000 Friday 4 PM to Sunday Noon Maximum 24 Participant (Min. 6)