



Ms. Shawn Thomas
Founder, 1st Responder Conferences
shawn@1strc.org
206.841.6632

Dear Shawn,

1st Watch Wellness, the country's foremost proactive mental health and wellness provider for first responders, is proud of its relationship with 1st Responder Conferences. A categorical commitment to the health and wellness of first responders underlies all that 1st Responder Conferences does, from providing critical tools and resources to offering cutting-edge training and education. 1st Responder Conferences has done much to normalize mental health conversations in the public safety sector and to reduce the associated stigma that, for far too long, has prevented individuals from seeking help. At 1st Watch Wellness, we understand that wellness is proactive, not reactive, and that preventive care begins with awareness and education. 1st Responder Conferences shares this understanding and vision, and we are thus proud to support them in their ongoing efforts to improve the lives of first responders.

Sincerely,

Barry C. Toone

Barry C. Toone
Director of Operations
1st Watch Wellness
barry@1stwatchwellness.com
602.908.9218