**Introducing the**

**Seeking Angels Foundation**

**“Dedicated to First Responders”**

**Have you ever heard a person say that they believe their rescuers must be Angels? We can all agree that First Responders are Heroes for their commitment to saving lives in any situation…**

**Trauma not only effects the victims but has a profound effect on First Responders and their families due to the repetitive nature of what they do!**

**PTSD vs C-PTSD**

**PTSD or “post traumatic stress disorder” is caused by the memory associated with a traumatic event. We repeatedly, consciously or subconsciously re-live the event which often causes disorders such as depression, anxiety and stress.**

**C-PTSD or “complex traumatic stress disorder” is similar to ptsd but can have more severe effects due to the re-living of a repetitive trauma, or having witnessed too many traumatic events.**

**FIRST RESPONDERS**

**Many organizations encompass the First Responders designation and we salute them all. However for the purposes of our mission at the Seeking Angels Foundation, we include Fire fighters, Police, Paramedics, EMT’s and Emergency room Doctors and Nurses. These are the men and women that are always on the front lines, fighting to save lives and witnessing many tragedies that sometimes do not have the desired outcome, sadly they cannot save everyone.**

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**Our Mission**

**To provide support to First Responders with the goal to relieve C-PTSD which is inherent to their careers. We organize a retreat that is all inclusive, and 100 %provided by our caring Donors. We invite First Responders to have a contemplative and relaxing experience with us, we will show them how to use simple proven tactics of mindfulness for their minds and bodies that can significantly decrease the reoccurrence of bad memories, leaving them with an understanding of how to use these new tools in the future for a much improved quality of life.**

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**Eventon calendar plugin.**

**Donations link to GiveButter on the 2nd and third pages.**