



Firefighters and EMS responders need effective tools to help them deal with the inevitable stressors of the job. I've seen too many of my fire service brothers and sisters suffer from ruined marriages, shortened careers or worse yet suicide, because we were forced to internalize the effects of the many tragedies we respond to each year. The 10-33 Foundation has voluntarily given presentations to my firefighter training classes over the past few years. The positive feedback from the students has been outstanding. Thanks to the 10-33 Foundation, these future emergency responders will not be forced to "suck it up" and take their chances on finally venting in a manner that could have lifelong tragic consequences.

Vince Webster

Chief, Fairfield Fire Department (Retired)

Fire Technology Instructor - Solano Community College