

# Xenia Public Safety Wellness and Resiliency Seminar 2024

DECEMBER 5, 2024



A FREE event for all Active/Former First Responders and Military, and City of Xenia Employees.

Featuring Keynote Speakers:



### JEREMY STALNECKER

Marine Corps Veteran, co-founder of Mighty Oaks Foundation, host of the "March or Die" podcast, and Author of: "March or Die," "Leadership by Design," "Offensive Faith," and "The Truth About PTSD."



### DR. ERICA BIRKLEY

Erica is a clinical psychologist who specializes in first responder trauma, PTS, first responder couples, and recovery and resilience to stress as it relates to the first responder community, their agency, and their partners.

### MAIN TRAINING SESSIONS:

- Dr. Birkley - Posttraumatic Stress: How to Seek the Narrow Path to Freedom and Recovery.
- Jeremy Stalnecker - "March or Die" overcoming trauma and finding Strength in Resiliency.

OPTIONAL POST CONFERENCE SESSION: Dr. Birkley - Couples Skills.

### SEMINAR DETAILS:

- Open to all active/former First Responders (police/fire/ems/corrections/healthcare), active/former Military members, and City of Xenia employees.
- Attendees are encouraged to bring their spouse/significant other to attend.
- Two options to attend: 2:30 p.m. or 6:30 p.m. on December 5, 2024.
- Childcare available for children 12 & younger.
- Location: Lighthouse Baptist Church (2040 W. 2nd Street, Xenia, Ohio 45385).

### Cost: FREE

Get full details and registration information by scanning the QR code or visiting [HEROICDEEDS.ORG](https://HEROICDEEDS.ORG)



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# Xenia Public Safety Wellness and Resiliency Seminar 2024



December 5, 2024

## Afternoon Event

2 p.m. - 2:30 p.m.

Doors Open and Registration

2:30 p.m. - 3:30 p.m. Session #1

Welcome & Opening Statements:  
Dawn Green (Conference Emcee & First Responder Spouse)

Seminar Mission & Purpose:  
Chief Chris Stutes, Xenia Police Division

Keynote: Dr. Erica Birkley  
(Psychologist/Owner Birkley Consulting)  
"Posttraumatic Stress: How to Seek the Narrow Path to Freedom and Recovery"

Break - 3:30 p.m. - 3:45 p.m.

3:45 p.m. - 4:45 p.m. Session #2

Special speaker: Jim Burneka, Firefighter (retired)

Keynote: Jeremy Stalnecker (Marine Corps Veteran, Co-founder & CEO Mighty Oaks Foundation)  
"March or Die"

Conference Wrap-up:  
Dawn Green (Conference Emcee)

**\*Optional: Post-Seminar Training Session for Couples**  
5 p.m. - 5:45 p.m.

Dr. Erica Birkley:  
"Couples Skills"

## Evening Event

6 p.m. - 6:30 p.m.

Doors Open and Registration

6:30 p.m. - 7:30 p.m. Session #1

Welcome & Opening Statements:  
Dawn Green (Conference Emcee & First Responder Spouse)

Seminar Mission & Purpose:  
Chief Chris Stutes, Xenia Police Division

Keynote: Dr. Erica Birkley  
(Psychologist/Owner Birkley Consulting)  
"Posttraumatic Stress: How to Seek the Narrow Path to Freedom and Recovery"

Break - 7:30 p.m. - 7:45 p.m.

7:45 p.m. - 8:45 p.m. Session #2

Special speaker: Jim Burneka, Firefighter (retired)

Keynote: Jeremy Stalnecker (Marine Corps Veteran, Co-founder & CEO Mighty Oaks Foundation)  
"March or Die"

Conference Wrap-up:  
Dawn Green (Conference Emcee)

**\*Optional: Post-Seminar Training Session for Couples**  
9 p.m. - 9:45 p.m.

Dr. Erica Birkley:  
"Couples Skills"