



EMPOWERING FEMALE FIRST RESPONDERS & THEIR FAMILIES

Discover specialized mental health and substance abuse programs tailored for first responders and their families.

What We Do

Our Women's Program features two key pathways: a 2-Week Reset for immediate support and recentering, and a 30-Day Rebuild for comprehensive, deep healing. Both options are designed around the needs of women first responders, offering intensive therapy sessions, a broad educational curriculum, and strategies to address the complex dynamics of addiction and trauma.

Who We Are

After Action's Women's Program is dedicated to serving the brave women of the first responder community through tailored, gender-specific care. Recognizing the unique challenges faced by women in high-stress, high-stakes roles, we've created a safe, confidential environment for healing and growth. Led by a team of culturally aware, trauma-informed experts, our program offers a nurturing space for women to pause, reflect, and embark on a transformative journey towards resilience and recovery.

Our Women's Only Program



2-Week Reset

A focused program designed for immediate support to navigate acute stress and anxiety, ideal for quick recalibration.



30-Day Rebuild

An in-depth treatment plan for comprehensive healing, addressing long-term trauma, and substance use.



Who We Serve

First Responders, Border Patrol, Corrections Officers, Veterans, & their families. We aim to offer support and resources to all who dedicate their lives to responding when others are in need.

Treatment Modalities

- Sensory Modulation Therapy
- Recreational Therapy
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Eye Movement Desensitization Therapy (EMDR)

Why Gender Specific

- Creates a tailored, safe space for women to process trauma, including sexual trauma.
- Promotes open discussions on sensitive, gender-specific issues.
- Provides therapy focused on women's unique traumas and challenges.
- Fosters a supportive community for shared healing and resilience.
- Guarantees privacy and a non-judgmental environment for expression.
- Offers care that holistically addresses women's health needs.

In-Network with most major Insurances



GET IN TOUCH

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