



BELLATOR PSYCHOLOGICAL AND CONSULTANTS CORPORATION

First Responder Spouse Support Group

OBJECTIVES

1. Group designed as a support and preventative group for spouses or former spouses of first responders. For this group first responders can include spouses of police officers, fire fighters, paramedics, dispatchers, and correctional officers. Membership to one of these organizations is necessary to join this group.
2. Group discussions are dynamic and will be based on the needs of the group members during each session.

FACILITATORS

Dr. George Dabdoub, Psy.D., is Licensed Psychologist. Dr. Dabdoub is a retired LAPD detective last assigned to Major Crimes Division. Dr. Dabdoub graduated from the university of La Verne with a degree in clinical psychology. His focus is the challenges first responders and their families face. His clinical work is focused on trauma, moral injury, anxiety, compassion fatigue, burnout, and depression.

Melissa Houlston , LCSW, is a Licensed Clinical Social Worker. She graduated from the University of Southern California. She is a spouse of a first responder and understands the challenges first hand. Her clinical work is focused on anxiety, depression, trauma, codependency, pregnancy/postpartum, and family/ relational issues.

Contact us on our website for further details:
<https://www.bellatorpsychological.com/>

WHERE

Riverside and possibly San Bernardino

WHEN

**Biweekly
start date TBD**

GOAL

Assist first responder spouses as they navigate the challenges in their daily lives, ways to communicate and set boundaries, and seek help for themselves, their family members, and their spouses when needed.

FEES

\$75.00 per group session