



# First Responders Foundation



## Informational Lunches

Join the First Responders Foundation's Dir. of Behavioral Health, Jason Workman, and Dir. of Physical Training Brian Bonifas for lunch. Learn about the various programs, workshops and services that the Foundation has to offer. Jason and Brian will be happy to answer any of your questions. FRF is also interested in what programs or services you would like to see in the future. Please register/RSVP using the QR code below by 8/22/22.

**August 23rd & 25th 12-1 PM**

**Grace United Methodist Church  
311 2nd Ave W. Spencer, IA**



Scan to Register



**Jason Workman,**  
**Dir. of Behavioral Health.**  
LIMHP, LMHC, LADC, CCTP

Jason is a Licensed Independent Mental Health Practitioner, Licensed Alcohol and Drug Counselor, and a Clinically Certified Trauma Professional. Along with his work at FRF he is also a Law Enforcement Chaplain, NE CISM team member and state trainer. Jason previously served as a firefighter/EMT in Northern California, Child Protective Services (investigations), NE Dept. of Correctional Services, and NE State Probation.



**Brian Bonifas,**  
**Dir. of Physical Training &  
Certified Gracie Jiu-Jitsu® Inst.**

Brian has been involved in law enforcement since 2009. He has instructor certifications from the NE Law Enforcement Training Center, the Federal Law Enforcement Training Center, ALICE (Active Shooter Response Training) and 88 Tactical. Gracie Brazilian Jiu-Jitsu (BJJ) is a form of martial arts that started in 1925 in Brazil and has origins in Japanese Jujitsu and Judo.

**For more information visit [www.firstrespondersfoundation.org](http://www.firstrespondersfoundation.org),  
email [frst@firstrespondersfoundation.org](mailto:frst@firstrespondersfoundation.org) or call 402-218-1234.**