

This (Fire) House Rocks!!!

April 18th (9 a.m. to 4) with Captain Mike Gagliano (Seattle Fire)

There is nothing quite like a firehouse. It can be the most incredible experience of your life or a miserable exile to purgatory. It can be a place of learning where skills are honed and techniques refined or a stagnant cesspool where competence erodes into ineffective complacency.

What is it that causes one place to be cohesive and brimming with camaraderie, while just down the road there are dissension and drudgery? Learn five key areas that can turn any firehouse into the type of place that enables firefighters to thrive and fulfill their calling. This class will look at how to build and enjoy the type of firehouse everyone wants.



Challenges of the Firefighter Marriage

April 18th from 6 – 8 p.m. with Anne Gagliano

In Challenges of the Firefighter Marriage, author Anne Gagliano, the widely read Fire Engineering and FireLife.com columnist, has teamed up with her husband, Captain Mike Gagliano, to share their thirty-plus years of personal experience on how marriage can thrive in the chaotic world of firefighting. In addition, they have called upon well-known and respected couples who share their stories of comfort and guidance for firefighter families everywhere. Attend and learn the aspects of this occupation that differentiate it from any other and how these impact our marriage, essential conversations every firefighter couple should have, the reality of sleep disruption and how to minimize its impact, the importance of healthy intimacy in your relationship, why finances can be such a problem and ways to make it a solution and advice on how to deal with time off, kids, firefighter health, and so much more.



This course will be hosted at the Red Helmet Training Classrooms LOCATION: 10601 Church Street #107, Rancho Cucamonga

REGISTER on our website: www.RedHelmetTraining.com

The cost for This Firehouse Rocks is \$100 per person

The evening session is \$25 per person. Dessert will also be served.

Please bring your spouse. Child care is available for the evening for a small fee.