

Revital Resources

After the Alarm Retreats



After the Alarm is a program designed FOR firefighters BY firefighters. Our peer support approach allows for authentic communication and dialog during our sessions and retreats in Westcliffe, CO. We come to the table with resources and educational insight on current issues and challenges that are relevant to the industry.

We believe resiliency training is key to managing the physical, mental, emotional, and moral demands of this career. We built the program to provide solutions that deal with the unique stressors of the fire service, including station life, sleep deprivation, communication, family dynamics, and other critical topics.

If you enjoy outdoor activities, or relaxing by the fire with a cup of coffee in your hand, Eagles Summit Ranch in Westcliffe, CO offers a broad range of enjoyable things to do!

Outdoor activity opportunities:

- Horseback Riding
- ATV
- Hiking
- Fly Fishing
- Shooting Range
- Axe Throwing
- And so much more!

Pricing information:

Retreats are free of charge for all first responders and couples attending provided by Revital Colorado. Please visit the Revital Colorado app to sign up for an upcoming retreat.

Scheduling information:

Please visit the Revital website <https://www.revitalcolorado.org/> or email jlong@revitalcolorado.org to learn more about the retreats.

You can also visit <https://www.afterthealarm.com/>.
