



UNIFIED FIRE AUTHORITY

MEMORANDUM

25-021

February 5, 2025

TO: All Personnel

FROM: BC Fossum/Captain Hilton

SUBJECT: Spouse Support Class

After delivering several sessions of the *Limbic System* lecture to spouses last year, many participants asked to have another delivery of the course. With this demand, Captain Hilton will be facilitating another round of spousal support class. The class will be offered on February 25, 2025 from 1800-2000 and February 27 from 1800-2000 in the UFA Board Room at the ECC.

The *Limbic System* lecture provides insight to the challenges and issues we face as firefighters and what we commonly encounter and deal with in this profession, with tips and suggestions as to what we can do better to help our significant others.

Future deliveries of this class will be gauged on attendance and feedback from participants. This class is open to UFA personnel and their significant others. If you are interested in attending, please register using the following link:

https://docs.google.com/forms/d/e/1FAIpQLSfmCZ1bFWPgn9LdbNFulxubRp5nHXtrTa9xmls6xoTKgxWhvg/viewform?usp=pp_url

If you have any questions, please contact Chief Fossum.