

# Help us make sure that Fire and Police families NEVER slip through the cracks.



## HAND-IN-HAND FAMILY SUPPORT SERVICES

for Fire and Police

**Who we are:** A group of dedicated, compassionate volunteers that came together out of mutual respect, understanding, and concern for Fire and Police families.

**What we do:** Hand-In-Hand works directly with spouses and families of retired Safety Officers after the loss of their loved one. We provide spouses and families in crisis with empathy, support, and practical resources to ease the bereavement process and the transition to independence.

**Why we care:** Cherie Olaveson and Sarah Contreras, the founders of Hand-In-Hand, care about Fire and Police families because they are both firefighter widows. When they faced the loss of their husbands, they experienced first-hand the serious lack of appropriate support for families like theirs. Cherie and Sarah came together to address this imminent need, and since then they have been working to support widows and widowers, and also to spread the word about the Hand-In-Hand program.

### How to contact Hand-In-Hand:

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Hand-In-Hand FSS  
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### Together, we can make a difference for Fire and Police families.

Hand-In-Hand is a service of the Retired Fire and Police Association whose mission is to provide bereavement support, critical resources, guidance, relief of suffering, and promotion of a better quality of life for firefighter and police widows, and widowers.