

Pulse Gives Back Q2 2024

We are honored to share the story of Cornerstone Retreat Center for 1st Responders (CRC) as our 2nd Quarter Pulse Gives Back Sponsorship for 2024 – submitted by Kris Umbach.



CRC is a 501(c)(3) non-profit corporation dedicated to serving 1st Responders and their families. In addition to the retreat center property, CRC provides ongoing Wellness Services (resilience and stress management training and education, workshops, peer support, critical incident stress debriefings, and chaplain services).

Since their start in 2021, CRC has served over 1,400 first responders through 312 services:

- Peer Support to 134 police officers, firefighters, dispatchers, and their family members on 178 occasions.
- Critical Incident Stress Debriefings to 136 people for 14 critical incidents.
- Resiliency, Stress Management, and Peer Support training to over 1,051 1st responders.

- Presentations and Speeches about 1st responder mental health, resiliency, and/or CRC mission to over 3,707 people.
- Over 125 volunteers have provided 7,119 hours of assistance (with a market value of \$226,384.20) to our cause!

The Retreat Center, which is in development, exists to provide a safe place for the 1st Responder community to connect with one another, to learn from each other, and to recover from the unique stresses inherent of the job--all in a safe, confidential, and naturally peaceful environment. The property includes a fishing pond, trails, picnic pavilions, with an RV park, meeting/event barn, and cabins in development.

You can donate to CRC through this link: [Cornerstone Retreat Center-General Campaign](#)

You can also visit their website (CornerstoneRetreatCenter.com) or Facebook page (<https://www.facebook.com/CRCfor1stResponders>)

If you prefer to mail a check? Please send donations to Cornerstone Retreat Center, 24812 Emerald Avenue, Plainfield, IL 60585.

How else can you help? *Spread the word...*

- Feel free to share on Social Media, share with a friend or just appreciate what you just learned about this wonderful organization!
- Pulse Financial Services donates up to \$2000