



# DUSTY'S FISHING WELL/CITY EMT

QUARTERLY NEWSLETTER



## Life Skills and Pathways to Emergency Medical Careers

### Mission

Increase the awareness by providing accessible opportunities within the Allied Healthcare Industry.

### Vision

City EMT is designed to address issues of poverty, violence, and unemployment by training at-risk Transitional Age Youth into EMT careers to build cultural affinity between first responders and the community.

### Core Values

- Freedom
- Fearlessness
- Perseverance



Congratulations to Cohort 5 Graduates- May 30, 2023!

### Save the Date: First Responder Career Pathways Fair!

We are excited to announce the upcoming First Responder Career Pathways Fair, an event dedicated to shaping the future of emergency medical services in our community.

This fair aims to provide aspiring EMTs with invaluable insights and opportunities to kickstart their careers.

Registration for the fair is free and open to all. Come with an open mind, a curious spirit, and a willingness to explore the endless possibilities that await you in the world of emergency medical services. For tabling, community organizations can contact

Melody at

[projectmanager@cityemt.org](mailto:projectmanager@cityemt.org).

**FIRST RESPONDER CAREER PATHWAYS FAIR**

**SUNDAY OCTOBER 22, 2023**  
**12PM - 5PM**  
 1 DR. CARLTON B GOODLETT PL,  
 SAN FRANCISCO, CA 94102

INTERESTED IN A 1ST RESPONDER CAREER? COME EXPLORE OVER 25 CAREER PATHWAY PROGRAMS FOR HIGH SCHOOLERS AND ADULTS

Register here

SCAN ME

SAN FRANCISCO MIRANDA LUX FOUNDATION

### Welcoming Our New Cohort of EMT Trainees: August 21st

Excitement is brewing as we prepare to welcome a new cohort of 25 EMT trainees on August 21st! These bright and passionate individuals are set to embark on a transformative journey that will equip them with essential life-saving skills.

As they step into the world of emergency medical services, they bring with them a diverse range of backgrounds and experiences. With one common goal - to make a positive impact in their communities - they are ready to dedicate themselves to serving others with compassion and expertise.

## Alumni Highlight



### **Da'Netta Ferguson**

#### **Cohort 1 Graduate**

We are thrilled to spotlight one of our outstanding graduates from Cohort 1 - Da'Netta Ferguson! Her hard work, dedication, and commitment have led her to achieve an incredible milestone in her career. We are delighted to announce that Da'Netta is now a full-time Emergency Medical Technician (EMT) with the San Francisco Fire Department (SFFD).

Throughout her journey in our program, Da'Netta demonstrated exceptional skills and a passion for helping others. Her determination and resilience have been truly inspiring, and we couldn't be prouder of her accomplishments.

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## Meet a Team Member



### **Attica Bowden**

#### **Founder/Executive Director**

A San Francisco native, born and raised in the Fillmore, Western Addition neighborhood. After 25 years working with the San Francisco Fire Department, she retired from her position as Chief, Assistant Fire Marshal in the Fire Prevention Division. She lives in the East Bay with two of her children. There is no greater joy for her than the ability to give youth from the community that raised her exposure to the career path opportunities in Allied Health Care.

# Mass Casualty Incident (MCI) Field Training Exercise



## EMT Life Skills Tip: Building Resilience

As an EMT, your dedication to helping others is commendable, but it's essential to take care of yourself as well. Building resilience is crucial to thriving in challenging situations and maintaining your well-being.

Here's a life skills tip to enhance your resilience:

**Practice Mindfulness:** In high-stress situations, take a moment to breathe deeply and focus on the present. Mindfulness helps you stay grounded and maintain a clear, calm mindset, allowing you to make better decisions and provide the best care for your patients.

Remember, your well-being matters too. By nurturing your resilience, you'll not only handle emergencies effectively but also create a positive impact on your overall health and professional performance. Stay strong and resilient in your noble pursuit of saving lives!



### *Special Thanks!*

Our partners are the backbone of our success, and we deeply appreciate their invaluable contributions, unwavering dedication, and boundless support. Their commitment has been instrumental in helping us achieve and exceed our goals. We extend our heartfelt gratitude for the incredible impact they've had on our mission.



## Support The City EMT Program - Invest in Our Future!

As part of Dustys' Fishing Well, a 501(c)3 non-profit organization, we are dedicated to shaping the next generation of first responders. With your support and generous donations, we provide stipends, equipment, class materials, and uniforms to aspiring EMTs, all at no cost to them. Be a part of this noble endeavor and help us build a safer, more resilient community. Your donation, big or small, makes a lasting difference in empowering aspiring EMTs to save lives.

Thank you for joining us on this meaningful journey!



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