

WHO WE SERVE

- First Responders
- Veterans

We offer groups and department-specific training



DONATE TODAY

Scan the QR code to make a tax deductible donation



DONATE YOUR TIME



WAYS TO VOLUNTEER

- Help us run a weekly class
- Help us organize and/or execute a weekend retreat
- Help fundraise
- How else can you bring your talents to help First Responders and Veterans?

GET IN TOUCH

Do you need Operation: Stress Shield in your department? Reach out and let's make that happen!



828-222-0991



TheComellaFoundation.org



Bill@TheComellaFoundation.org

SUPPORT OUR WORK



OPERATION: STRESS SHIELD

Operation: Stress Shield provides Low to No-Cost ongoing resilience training programs to equip First Responders and Veterans with practical, proven tools to resist stress, restore mental and physical resilience and perform at their best; no matter the pressure.



YOUR DONATIONS KEEP US GOING

SPONSORSHIP LEVELS

EXAMPLES OF HOW WE USE THE FUNDS:

\$35	Natural Remedy and Magnesium Oil for 1 person
\$80	Classes for 1 person for a month
\$300	1 hour Class for 15 people
\$800	Printing costs for 1 year
\$1,200	Classes for 15 people for a month
\$1,875	Sponsor a 4hr workshop for 15 people

OTHER WAYS TO GIVE

- Wills and Trust
- Sponsor an Event
- Honor birthdays, anniversaries with a recurring donation



SUPPORT FIRST RESPONDERS, VETERANS & ACTIVE MILITARY

Police officers, firefighters, EMS personnel, and other frontline professionals carry more than heavy gear. They carry the responsibility of keeping our communities safe. But who carries them?

Without dedicated attention to first responder wellness. Stress and exhaustion quietly take their toll—affecting health, decision making, and job satisfaction. For department leaders, this also means rising insurance costs, higher turnover, and decreased morale and performance across the team.

Now more than ever, wellness isn't just a perk—it's a necessity for every first responder and veteran in every department.

WAYS TO SUPPORT THIS WORK

- Sponsor a class for a year
- Sponsor a workshop or other event
- Honor a friend or loved one with a recurring gift
- Remember of memorialize a beloved pet with a recurring donation



WHO WE ARE

Operation Stress Shield is a project of THE COMELLA FOUNDATION, a 501c3 Nonprofit in Wevaerville, NC. Learn more at TheComellaFoundation.org



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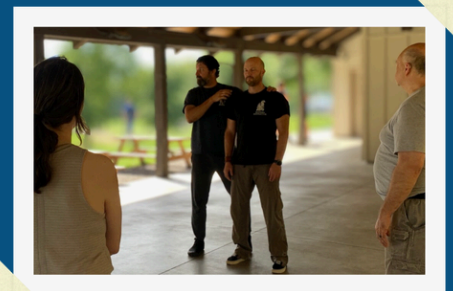


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