

Help us make sure that our Fire, Police and Lifeguard families NEVER slip through the cracks in their time of need.



HAND-IN-HAND

FAMILY SUPPORT SERVICES

Provided by the Retired Fire & Police Association
**for retired City of San Diego Fire, Police
and Lifeguards**

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

What we do: Hand-in-Hand is a service of the Retired Fire & Police Association whose mission is to provide bereavement support, benefit resources, guidance, and to promote hope in a time of grief, uncertainty and distress for Firefighter, Law Enforcement and Lifeguard widows, widowers and families.

Why we care: Cherie Olaveson and Sarah Contreras, the founders of Hand-in-Hand, cared about Fire and Police families because they were 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 eminent need, and since then their work has provided support for widows and widowers. In June 2022, the baton was passed on to Pat Nunez by Liz Miller, who continues to spread the word about Hand-in-Hand with her team of volunteers.

How to contact Hand-in-Hand:

Pat Nunez

patnunez@cox.net

Phone: (760) 805-2237

Together, we can make a difference for our Fire, Police and Lifeguard families.