September 2026 ISSUE - 1

Beside the Badge

SUPPORTING THOSE WHO SERVE



You Don't Have to Carry It Alone

Every employee has experiences that stay with them long after the shift ends. Sometimes it's a child abuse case, a fatal collision, a tough ethical decision, or simply the accumulation of years spent responding to other people's worst days. While the badge requires strength, it does not require you to carry every burden by yourself.

The Chaplaincy Unit exists to provide a confidential, compassionate presence for every member of the Sheriff's Office, regardless of your faith or beliefs. Sometimes all it takes is a conversation with someone who understands the unique challenges of this profession.

Seeking support is not a sign of weakness. It is one of the most effective ways to remain healthy, resilient, and prepared to continue serving others. Whatever you're facing, you don't have to face it alone. Your chaplains are only a phone call or email away. We welcome your prayer requests and provide a confidential, caring presence when you need it most.

chaplain.unit@fresnosheriff.org

TIPS FOR WORK-LIFE BALANCE

- Prioritize
- Delegate
- Set Boundaries
- Time Management
- Mindfulness
- Disconnect
- Exercise

Your Presence Can Change Someone's Worst Day

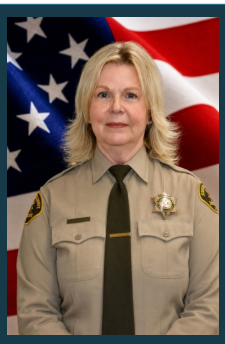
Don't Forget The People Waiting at Home

Every shift affects more than just the employee working it. Behind every uniform is a family that shares the sacrifices of this profession. Long hours, missed holidays, unexpected call outs, and the emotional toll of the job can all impact the people who love and support us.

One of the greatest gifts you can give your family is your presence. Make time to listen, put away distractions, and let them know they matter. Healthy relationships require intentional effort, especially in a career as demanding as law enforcement.



Strong Employees are Supported by Strong Families



Get to Know Your Chaplains

Head Chaplain Janet Grimson A Fresno native, she comes from a family of law enforcement, with both her grandfather and father serving as California Highway Patrol officers in the Fresno/Madera area. She has been married to her husband for 33 years and has three adult children and eight grandchildren. She has served as HR Director at Valley Teen Ranch for 18 years. She joined the FSO Chaplaincy Unit in 2016 and became Senior Chaplain in 2023. She has been a member of University Vineyard Church for over 30 years and serves on its Board of Directors.

RESOURCE HIGHLIGHT

FSO Chaplain services:

- Patrol Ride Along
- Crisis Response
- Death Notifications
- Hospital Visits
- Community Events
- Memorial Services
- Prayer Requests

Blessed are the peacemakers
- Matthew 5:9



Mental Health Is Officer Safety

Stress that goes unchecked can affect sleep, decision making, patience, relationships, and overall health. Taking time to decompress after difficult calls, exercising regularly, talking with trusted friends or family, and reaching out for support are all part of staying fit for duty.

The Chaplaincy Unit is another resource available to you. Whether you're dealing with a difficult call, family concerns, career stress, or simply need someone to listen, we're here to support you. Taking care of your mind is just as important as taking care of your body.

If you ever need any help, reach out to **Lt. Sergio Garcia**, **Sgt. Scott Schwamb,**, or **Head Chaplain Janet Grimson** at:

chaplain.unit@fresnosheriff.org

We can connect you with a Chaplain. All conversations and requests are kept confidential.