



Stress Management Techniques – 40 hours CWL- 0159 FDLE-050 (Salary Incentive)

Instructor:

Dr. Lisa Grossman

Date(s):

July 30-August 2, 2018

Time: 7:00am – 6:00pm

Location: J-132

**Criminal Justice Bldg. J
St. Augustine Campus
2990 College Dr.
St. Augustine, FL 32084**

Cost: No cost to officers in Region V.

Class Limit: 25 students

Dress Code: NO Flip Flops, Shorts, Jeans, Tank tops, or T-shirts unless specified.

All questions should be directed to:

**John Donlon/Coordinator for Career Development
(904) 808-7493
[johndonlon@sjrstate.edu](mailto: johndonlon@sjrstate.edu) or
Connie Ramos – Program Assistant
(904) 808-7491
[ConnieRamos@sjrstate.edu](mailto: ConnieRamos@sjrstate.edu)
Fax: 904-808-7424**

The course is designed to provide officers with the knowledge, skills, and abilities to recognize and deal with stress. Students must pass a written end of course exam with a score of 80% or better

Class size is limited so sign up early

Deadline for Registration: July 16, 2018

Officer's Name: _____

SSN _____ - _____ - _____

Officer's Email Address: _____

Agency _____ Agency Phone # _____

Agency FAX# _____

Authorization Signature _____

Printed Authorization Name: _____

Authorizing Person's Email: _____

Department Approved for: **Please Mark Below**

Salary Incentive: _____

Mandatory Retraining: _____

Other Training _____