



Stress Management Techniques – 40 hours CWL- 0192 FDLE-050 (Salary Incentive)

Instructor:

Dr. Lisa Grossman

Date(s):

Jan 27-30, 2020

Time: 7:00am – 6:00pm

**Location: J114 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:**

Deborah McCarley

Coordinator for Career

Development (904) 808-7432

deborahmccarley@sjrstate.edu

or Connie Ramos

Program Assistant

(904) 808-7491

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: January 7, 2020

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 _____