



Stress Management Techniques

CWL- 0192 FDLE-050

40 Hours

Instructor:

Dr. Lisa Grossman

Date(s):

Feb. 2 – 5, 2026
Monday-Thursday
Time: 0700 – 1800

Location:

St. Augustine Campus
2990 College Dr.
St. Augustine, FL 32084
Building J

Cost: No cost to officers in
Region V.

Class Limit: 25 students

Dress Code:

Business Casual

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

**All questions should be
directed to: JoAnn**

JoAnn Beal Assistant

joannbeal@sjrstate.edu
(904) 808-7491

**Brian Harrington - Coordinator
for Career Development (904)
808-7421
brianharrington@sjrstate.edu**

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

Deadline for Registration: January 12, 2026

Print Clearly or Type

Officer's Name:

DOB ____/____/____ SS# last 4 ____

Officer's Email Address:

Agency _____ Agency's Phone # _____

**The section below must be completed by the agency's
authorized training personnel.**

Sworn LEO _____

Salary Incentive: _____

Sworn Corrections _____

Mandatory _____

Civilian Employee _____

Authorization Signature _____

Printed Authorization Name: _____

Authorizing Person's Email: _____

Print Clearly