



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

<p><b>Instructor:</b>  Dr. Lisa Grossman</p> <p><b>Date(s):</b> March 21 - 24, 2022 Monday thru Thursday</p> <p><b>Time:</b> 7:00am – 6:00pm</p> <p><b>Location:</b> J-106 Criminal Justice Bldg. J</p> <p>St. Augustine Campus 2990 College Dr. St. Augustine, FL 32084</p> <p><b>Cost:</b> No cost to officers in Region V.</p> <p><b>Class Limit:</b> 24 students</p> <p><b>Dress Code:</b> NO Flip Flops, Shorts, Jeans, Tank tops, or T-shirts unless specified.</p> <p>All training requests should be sent to</p> <p>Connie Ramos – Program Assistant (904) 808-7491 <a href="mailto:connieramos@sjrstate.edu">connieramos@sjrstate.edu</a> Fax: 904-808-7424</p> <p>Hancel Woods - Coordinator for Career Development (904) 808-7494 <a href="mailto:hancelwoods@sjrstate.edu">hancelwoods@sjrstate.edu</a></p>	<p>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 <b>Deadline for Registration: March 8, 2022</b></p> <p>Officer’s Name: _____ <b>(FULL NAME AS IT APPEARS IN ATMS)</b></p> <p>Officer’s Email Address: _____</p> <p>Agency _____ Agency Phone # _____</p> <p>Agency FAX# _____</p> <p>Authorization Signature _____</p> <p>Printed Authorization Name: _____</p> <p>Authorizing Person’s Email: _____</p> <p>Department Approved for: <b>Please Mark Below</b></p> <p>Sworn LEO _____ Salary Incentive: _____</p> <p>Sworn Corrections _____ Mandatory Retraining: _____</p> <p>Civilian Employee _____</p>
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