



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

Instructor:

Dr. Lisa Grossman

Date(s):

September 19 - 22, 2022

Monday thru Thursday

Time: 7:00am – 6:00pm

**Location: J-106 Criminal
Justice Bldg. J**

**St. Augustine Campus
2990 College Dr.
St. Augustine, FL 32084**

Cost: No cost to officers in
Region V.

Class Limit: 24 students

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

**All training requests should
be sent to**

**JoAnn Beal – Program
Assistant
(904) 808-7491
joannbeal@sjrstate.edu
Fax (904) 808-7424**

**Hancel Woods -
Coordinator for Career
Development (904) 808-7494
hancelwoods@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 end of course exam with a score of 80% or better

Class size is limited so sign up early

Deadline for Registration: September 6, 2022

Officer's Name: _____
(FULL NAME AS IT APPEARS IN ATMS)

Officer's Email Address:

Agency _____ Agency Phone # _____

Agency FAX# _____

Authorization Signature _____

Printed Authorization Name: _____

Authorizing Person's Email:

Department Approved for: **Please Mark Below**

Sworn LEO _____ Salary Incentive: _____

Sworn Corrections _____ Mandatory Retraining: _____

Civilian Employee _____