

Providing risk control services to local law enforcement



# POST Certified Course Stress Management: Police Under Pressure

- Complimentary enrollment is open to law enforcement affiliated personnel
- Must provide POST ID upon registration

**POST CERTIFIED, 5 HOURS**

**COURSE SCHEDULED FROM 9 AM – 3 PM**

**(Lunch will be provided)**

The intent of the course is to:

- improve an officer's ability to recognize stress factors
- understand contributors of stress in an officer's life
- combat the negative impacts of stress on the officer's well-being
- utilize resources to reduce the long-term effects of stress on an officer

Attendees will walk away with practical tools to deal with stress, the benefits of utilizing a Critical Incident Stress Management (CISM) program, and the benefits of utilizing a peer support program.

**Click below  
to register for the  
location**

**Riverside County  
Sheriff's Department  
June 27, 2023; 9 AM – 3 PM  
CCN: 1353-22322-22-007**