

HOSTED BY ANAHEIM POLICE DEPARTMENT
AUGUST 5, 2019

STRESS MANAGEMENT

DESIGNED FOR 9-1-1 DISPATCHERS

Join us for a unique opportunity for public safety dispatchers to learn legitimate stress management techniques. The NEW POST certified course is facilitated by Dr. Michelle Lilly and Kim Turner.

The course was designed by request of 9-1-1 dispatchers and includes the following topics;

Work-related stress

Physical, Emotional, Psychological well-being

How to be Resilient

Develop positive coping skills



ANAHEIM POLICE DEPARTMENT EAST SUB-STATION
8201 E SANTA ANA CANYON BLVD
ANAHEIM, CA 92808
0800-1700 HOURS

POST CCN 1301-22322-19-001 TUITION \$169.00

VISIT www.THEKIMTURNER.com TO ENROLL