

SAN BERNARDINO COUNTY SHERIFF'S DEPARTMENT

FRANK BLAND REGIONAL TRAINING CENTER

18901 Institution Road, San Bernardino, CA 92407

DISPATCHER/ WELLNESS



[Click for AOT Calendar](#)

Advanced Officer Training "Beyond the Basic"

Course Fee: \$100.00

SBCSD: Fee Waived

• **Payment Options:**

Major Credit Cards
accepted in person or by
phone

Agency check, cashier's
check, or money order
payable to S.B.S.D.

No personal checks or
cash accepted

Mail check to:

PO Box 9037, San
Bernardino, CA 92427

• POST CCN: 2330-30906
POST Plan: IV

**MARCH 14, 2020
0800 – 1700**

LEARNING TOPICS:

- Understanding stress
- Sources of Stress
- Physiological Outcomes
- Stress disorders
- Coping and Resiliency

COURSE DESCRIPTION:

This course will provide students with relevant information to manage daily stressors associated with the role of a Public Safety Dispatcher.

**Course Location: Chino Hills Police Department
14077 Peyton Drive, Chino Hills, CA 91709**

- **Must be currently employed by a law enforcement agency**
- **Present appropriate ID upon arrival**
- **Dates and location are subject to change**
- **Casual business attire strictly enforced. No shorts, T-shirts, tanks, jeans, sandals, etc.**

To register contact Janet Gice: (909) 473-2695 / aotregistration@sbcasd.org