

# 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

**APRIL 11, 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 Dr., 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](mailto:aotregistration@sbcasd.org)