TRAINING ANNOUNCEMENT

Empowering First Responders: Tools for Mental and Physical Well-being

June 17, 2025 ~ Weyers Cave, VA

July 29, 2025 ~ Newport News, VA

August 12, 2025 ~ Fairfax, VA

September 16, 2025 ~ Dublin, VA

The Virginia Department of Criminal Justice Services is pleased to offer "Empowering First Responders: Tools for Mental and Physical Well-being".

First responders face unique challenges that can take a toll on their mental health, physical health, and overall resilience. By providing targeted wellness strategies, this training will equip participants with the tools they need to survive and thrive in the demanding and often traumatic work they perform. The course's combination of physical and mental wellness creates a holistic approach to well-being that supports first responders in balancing their professional responsibilities with personal growth. The knowledge and skills gained will enhance individual well-being and improve team dynamics, communication, and overall job satisfaction, ultimately fostering a healthier, more resilient workforce.

Topics to be addressed:

- Cultivating Inner Calm and Clarity
- Understanding the Physiological Response to Stress
- Harnessing the Power of iRest
- Mind-Body Integration
- Tools for Everyday Peace
- Mastering the Four Core Elements
- Strengthening Interpersonal Relationships
- Building Resilient Leadership
- Overcoming Barriers to Growth
- Sustaining Long-Term Emotional Health

Who should attend?

This training is open to all first responder groups, including, but not limited to, law enforcement, fire/EMS, EMTs, dispatchers, and corrections. Additionally, retired first responders, civilian peer support, and mental health clinicians who are culturally competent in first responder wellness are encouraged to attend.

Partial In-service Credit:

Partial In-service Credit (PIC) for Virginia law enforcement officers will be available.

Travel, Lodging, and Meals:

Participants are responsible for their transportation, lodging arrangements, and expenses.

Training Time and Details:

Check-in will begin at 7:45 am. The course will be held from 8:00 am – 5:00 pm.

Cost and Registration:

There is no cost to attend this training; however, pre-registration is required.

Training Dates and Locations:

Tuesday, June 17, 2025 8:00 am - Tuesday, June 17, 2025 5:00 pm
Central Shenandoah Criminal Justice Training Academy
3045 Lee Highway
Weyers Cave, VA

Tuesday, July 29, 2025 8:00 am - Tuesday, July 29, 2025 5:00 pm
Hampton Roads Criminal Justice Training Academy
805 Middle Ground Boulevard
Newport News, VA

Tuesday, August 12, 2025 8:00 am - Tuesday, August 12, 2025 5:00 pm
Northern Virginia Community College – Fairfax Campus
3922 Pender Drive
Fairfax, VA

Tuesday, September 16, 2025 8:00 am - Tuesday, September 16, 2025 5:00 pm
New River Criminal Justice Academy
601 Marcy Road
Dublin, VA

REGISTER TODAY!

Questions? Contact Ron Coombs (ronald.coombs@dcjs.virginia.gov)