Post-Retirement Wellness for First Responders

November 6, 2024 ~ Fredericksburg, VA

Please Note: We have moved to Benchmark Learning Management System for this training. To register, create your account or log in here then either search for your desired training, or come back here and click "Register" to be taken directly to the event page. For more information or help, please refer to this user guide.

The Virginia Department of Criminal Justice Services is pleased to offer **"**Post-Retirement Wellness for First Responders".

This course is designed to help retired and soon-to-be retiring first responders understand and manage the unique challenges they may face after leaving active duty. It addresses nervous system dysregulation stemming from prolonged stress and trauma, detailing symptoms such as heightened anxiety and difficulty relaxing. The course explores the long-term effects of stress on brain function and behavior and examines how retirement can trigger the re-emergence of past traumas. Participants will be introduced to various therapeutic approaches and self-help techniques for emotional healing. Additionally, as sleep disruption is common, the course will cover effective strategies to enhance sleep quality through improved sleep hygiene and relaxation exercises.

Topics to be addressed:

- The Role of Work in Identity Formation: Discuss how being a first responder shapes one's identity and provides a sense of purpose
- Impact of Retirement: Explore the psychological, emotional, and social impacts of retiring from a high-intensity, purpose-driven career
- Adjusting to Retirement: Learn key strategies to support your wellness in retirement, including setting new goals, expanding self-concept, and maintaining connections

Who should attend?

This training is intended for all retired first responders and current first responders nearing retirement.

Partial In-service Credit

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

Travel, Lodging & Meals

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

Training Time & Details

Check in will begin at 7:30 a.m. and the course will be held from 8:00 a.m. – 5:00 p.m.

Cost and Registration

There is no cost to attend this training. Pre-registration is required.

Training Dates and Locations:

Wednesday, November 6, 2024
Germanna Community College
V. Earl Dickinson Building (SP1), Room 212
10000 Germanna Point Drive
Fredericksburg , VA 22408

Register Today

For More Information, Contact:

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Email