



**Withlacoochee Technical College  
Citrus County Public Safety Training Center**

**STRESS MANAGEMENT COURSE  
40 hours**

Basic, Advanced and  
Specialized Training for  
Law Enforcement and  
Correctional Officers

**Date: APRIL 16-20, 2018**

**Time: 08:00-17:00**

**Cost: Free for Region VI**

**Registration Deadline: APRIL 6, 2018**

**Contact: Ed Gough**

**352-726-2430 x4376 or [goughe@citrus.k12.fl.us](mailto:goughe@citrus.k12.fl.us)**

**Topics Include:**

**Assessment of Stressors and Stress Reaction  
Personal Stress Management Techniques  
The Role of Nutrition in Managing Stress  
The Role of Physical Fitness in Managing Stress  
Dealing with Critical Incident Stress  
Substance Abuse  
Managing Change  
The Role of Family and Friends in Managing  
Stress  
Resources for Managing Stress**

WTC-CCPSTC is an ac-  
credited educational  
institution  
DOE OPE ID #02300900

WTC-CCPSTC is an  
FDLE-CJSTC Certified  
Training Facility,  
Region VI, #37

**WTC - C.C.P.S.T.C.  
1201 W. Main Street  
Inverness, FL 34450  
[www.ccpstc.com](http://www.ccpstc.com)**

**352.-726-2430 x4376  
352.-249-2155 Fax**

**This is a Criminal Justice Standards and Training Commission Trust  
-Funded Course for Region VI. Officers in Region VI attend free of  
charge. In order to attend, all officers are required to process the  
appropriate paperwork through their respective agencies.**

**This course is eligible for Salary Incentive or Mandatory Retraining  
requirements.**