

Dispatchers WELLNESS

Students who attend Dispatchers Wellness will learn concepts and applications of simple mindfulness tools to help with stressors of the job and increase wellness and resilience.

Research shows that among its many benefits mindfulness can help reduce stress, reduce emotional reactivity, and increase the ability to participate in the present moment.

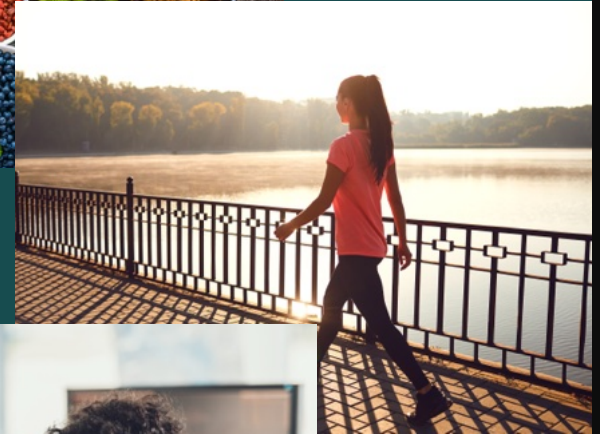
Created specifically for dispatchers taking into account the stressors of the job.

Cost: \$125.00.

***Must be currently employed in a PSAP Center to attend**

**For questions please email
info@dispatchwellness.com**

**Open to ALL 911 Dispatchers
(FIRE, EMS, POLICE, PUBLIC SAFETY, SHERIFF'S)
Telecommunicators/Communications Officers/
Public Safety Telecommunications/
911 Professionals/Call Takers/
Managers/Directors/Supervisors**



Learn about wellness concepts, mindfulness, nutrition and movement.



Scan QR Code

**For Dates,
Registration,
and Reviews**

www.dispatchwellness.com/connecticut