

Dispatchers WELLNESS

**Open to ALL States
and Centers**

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.

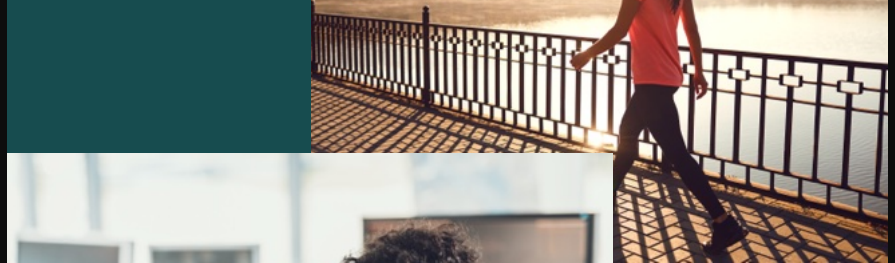
Created specifically for dispatchers taking into account the stressors of the job.

Cost: \$125.00

***Must be a currently employed public safety dispatcher/telecommunicator to attend.**

***High quality training created specifically for dispatchers. Certified by various Police Standards Councils including California POST.**

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



Learn about wellness concepts, mindfulness, nutrition and movement.



Scan QR Code

**For Dates,
Registration,
and Reviews**

www.dispatchwellness.com/maine