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# CODE 9 PROJECT S.H.A.R.E PROGRAM

## SELF - HELP AND RESPONSIVE EDUCATION

The **Command Staff Workshop** will provide information to agency leaders on how to integrate Command Staff as active participants in department and officer wellness, suicide prevention and PTSD awareness programming. It provides unique strategies for departments coping with the increase of officer PTSD, suicides and stress related absenteeism.

The **First Responder Workshop** is a two-day, highly interactive program that provides an experiential education for coping, management and rehabilitation of cumulative stress in the first responder. Topics such as: general stress, PTSD, anger, fear, anxiety, health/ wellness, communication and strategy will be addressed.

The **Family Workshop** is a highly interactive one-day course rooted in stress education. Courses will be offered in identifying stress patterns, PTSD, stress management and family/ peer support.  
*(Must be 16 or older to attend.)*

Code 9 is a nationally accredited program. International Association of Directors of Law Enforcement Standards and Training. The Code 9 Project Training sponsored by The Shasta County DSA, The Tehama County DSA, The Trinity County DSA, The Anderson POA, SHIELD and Redding Police Department. Along with various community businesses.

### WORKSHOP

Command Staff Training  
First Responder Training  
Family Day Training

### DATE(S)

March 8 - 9  
March 10 - 11  
March 12

### LOCATION

Larry J. Farr Community Center, 4499 Main Street, Shasta Lake, CA  
Larry J. Farr Community Center, 4499 Main Street, Shasta Lake, CA  
SHIELD Training Center, 4300 Caterpillar Road, Redding, CA

### TIMES

8 am - 5 pm (all days)

Please arrive early for sign-in.  
Coffee, water and snacks  
available.

### COST

FREE

### HOW TO REGISTER

visit <https://shield.training/>



## QUESTIONS?

Contact  
Phaedra Mitchell  
(530) 945-7940