

South Texas College Regional Center for Public Safety Excellence

Legislative Updates #3188 & Finding Wellness - Building a Healthier Life #4202



Legislative Updates

Course Information:

Update officers on the 2021-2023 law updates from the 88th Regular Session

This course meets Texas Commission on Law Enforcement (TCOLE) requirements Legislative Update Course #3188.

Time: 8 am to 12pm

Training Location:

Regional Center for Public Safety Excellence
3901 S. Cage Blvd.
Pharr, Texas 78577

Date: Thursday, February 1, 2024

Free

To register: Scan QR Code or

Visit <https://www.southtexascollege.edu/cpit/public-safety-training.html>

Finding Wellness - Building a Healthier Life

Course Information: This course is designed to teach law enforcement professionals the importance of physical, mental, emotional, and social wellness, and to break down the stigma of mental health in the law enforcement profession. First responders are routinely exposed to high stress situations and this course is designed to give law enforcement professionals guidance on how their body and brain work together and against each other. Students will learn to recognize signs, symptoms, and coping mechanisms for common forms of distress associated with their profession. This course addresses how to recognize the signs of suicidal ideation and how to build a suicide prevention plan. Students will learn how to practice resiliency to become more able to withstand the demands of their lives and chosen careers. *This course meets Texas Commission on Law Enforcement (TCOLE) requirements Legislative Update Course #4202.*



Time: 1 pm to 5 pm