



Law Enforcement Agency and Officer Resilience Training Program

Exciting News: Once again, we are excited to announce that through our joint effort with MACOP, we have successfully secured a federal VALOR grant from the Bureau of Justice Assistance to bring the Law Enforcement Agency and Officer Resilience Training Program back to Montana!

This three-day program was developed to equip officers with empirically validated skills of resilience and to provide them with the training resources to bring the program back to their agency.

There is no cost to attend the training, which includes breakfast and lunch each day. Lodging and transportation costs are the responsibility of each individual agency.

Space is limited, so please have a representative from your agency register as soon as possible. Scan the QR code or visit bit.ly/24resiliency



[Scan to Register](https://bit.ly/24resiliency)

Training Details:

When: September 10-12, 2024 from 7:30 am - 4pm daily.

Where: 2715 Skyway Dr, Helena, MT

Room Block: Visit bit.ly/resiliencyrb to book your stay at a discounted rate at the Holiday Inn Express - Helena, MT

Registration: Registration is limited to 45 participants, seats will fill quickly.

Resilience Training Program Skills

Mind

Real-time Resilience - Learned Optimism - Avoiding Thinking Traps - Mental Games

Energy

Hunt the Good Stuff - Deliberate Breathing - Signature Character Strengths - Progressive Muscle Relaxation

Connection

Ideal: Build Trust and Connection - Joy Multiplier

Questions? Contact Britani Laughery - MMIA

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