



TRAINING ANNOUNCEMENT

M3 Leadership Group with Bellingham PD presents:

THRIVE: WELLNESS TOOLS FOR RECORDS AND PROPERTY OFFICERS



PARTICIPANTS WILL LEARN:

Understand vicarious and secondary trauma

Learn the impacts of trauma on support staff

How stress impacts job performance and satisfaction

Tools and skills to combat trauma and stress

Tools to thrive at work and home

Cost \$195

**JANUARY 16TH, 2025
8 AM TO 5 PM**

**Location:
Bellingham Police Department
505 Grand Avenue
Bellingham, WA**

To register: marcia@m3-academy.com