

Join Us for an Exclusive Event for CPD Officers

DePaul University is proud to host a special webinar for the Chicago Police Department.

“Serve and Protect Yourself: Identifying Signs of Burnout and Simple Strategies for Recovery and Prevention”

When: Wednesday, November 13th, 2024, from 12 to 1pm

Explore how over-demanding work schedules and the stress of the job itself can put police officers at great risk for burnout and other negative mental health consequences. This session will highlight and review the five stages of burnout plus how simple lifestyle strategies can re-balance your mind and body to better cope with the demands of your vocation and enjoy the other areas of your life.

Presented by: Dr. Arieahn Matamonasa-Bennett, Licensed Psychologist and Associate Professor at **DePaul University's School of Continuing and Professional Studies**

Prior to the webinar, DePaul will provide information about both its **Undergraduate Bachelor of Arts Degree Completion-Business Administration** and **Master of Arts in Applied Professional Studies degree programs** for Chicago Police officers.

We look forward to you joining us for this very important event.



To learn more about the educational benefits visit go.depaul.edu/FOP or to register for the special event, scan the QR code.

