



## VALOR Officer Safety and Wellness Learning Collaborative

**What is it?** A no-cost, online opportunity for law enforcement leaders, officers, and civilian staff to learn from experts and each other about implementing and sustaining comprehensive wellness programs, policies, and services designed to meet their agencies' needs.

**When:** Second Tuesdays, 3-4 pm Eastern (12-1 pm Pacific), September 2023 – February 2024.

- September 12
- October 10
- November 14
- December 12
- January 9
- February 13

**Who should attend:** Any law enforcement leader, officer, or civilian employee can join the learning collaborative, whether they have an established wellness program or are just starting to build one within their agency. We ask that agencies commit to attending all six sessions and invite agencies to register multiple people to participate.

**Format:** Online via Zoom. During each one-hour monthly session, subject matter experts will present information and facilitate discussion around current officer wellness topics:

- Messaging and Engagement
- Suicide Prevention
- Peer Support
- Family Wellness
- Resilience
- Holistic Wellness (nutrition, finances, etc.)

**Other benefits?** Joining the learning collaborative provides opportunities to network and develop lasting partnerships with other wellness program staff. In previous collaboratives:

- 80 percent of participants reported contacting peers outside of meetings to ask questions and learn about each other's officer wellness programming.
- 96 percent of participants said they would recommend the learning collaborative to another agency.

A private community page will allow participants to access wellness resources and continue discussions between monthly sessions.

Other questions? Contact [OSW@theIACP.org](mailto:OSW@theIACP.org).

**[Register today](#) for the VALOR Officer Safety and Wellness Learning Collaborative.**