

June 3rd, 8:30am-4pm



1 - Day Wellness Workshop

Dr. Stacy Cecchet, embeded psychologist with the WA ICAC TF

Hosted by the Everett Police Department

What if one day of training could change everything?

This workshop isn't about yoga mats or stress balls. It's about **doing your job better** — with clarity, strength, and the ability to go home and still be the parent, partner, and person you want to be.

Whether you're just starting your career or have been in the field for decades, this training will give you the tools to:

- Strengthen operational performance under stress
- Stay calm and present with your family — even after hard calls
- Protect your marriage and relationships from job-related burnout
- Parent the way you want to — without snapping or shutting down
- Build habits that support healthy retirement and longevity
- Prevent substance use and emotional isolation
- Reconnect with the hobbies, values, and people that make life worth living



What You'll Learn

This evidence-based, hands-on workshop includes:

- Strategies to combat **burnout**, **compassion fatigue**, and **moral injury**
- Tools from **human performance psychology** and **CBT** to build resilience
- Techniques to improve **sleep**, regulate **emotions**, and stay mission-ready
- A framework for creating your own **personal wellness plan**
- A visit from our resident therapy dog, **Jax**, who's always ready to help

Register Now

This workshop is \$250 and will be held at the Everett Police Department's South Precinct. Spots are limited. To sign up or ask questions, email Dr. Stacy Cecchet at drcecchet@obsidianfs.com.