



LEARN EFFECTIVE STRESS
MANAGEMENT
TECHNIQUES TO HANDLE
CRITICAL INCIDENTS AND
SUPPORT YOUR TEAM,
ENHANCING BOTH
PERSONAL AND
ORGANIZATIONAL
RESILIENCE.



STRESS MANAGEMENT TRAINING



Location:
**AWC Reskilling
& Technology Center,**
1351 S. Redondo Center Dr.,
Yuma AZ 85365

Email: ContinuingEd@azwestern.edu

Registration Hours: Mon - Thurs 8AM - 5PM, Fri 8AM - 4PM payments accepted via phone or walk in. Please make checks payable to AWC. Visa, MasterCard, and Discover cards accepted.

Refund Cancellation Policy: A 100% refund will be granted if a request is made 2 business days prior to the start of class. A 50% refund will be issued if notice is received less than 2 business days prior to class. No refunds will be issued after the first day of class. If a class is canceled due to low registration we will contact you 2 business days prior.