

REGIONAL 3-DAY RESILIENCY TRAINING

JANUARY 13-15, 2026

Resilient Minds

On The Front Lines

The Resilient Minds Training Program is a life-changing program that is based upon the basic concepts of positive psychology. The Resilient Minds Training Program is a three-day interactive training program which provides attendees with a roadmap to change the culture within their own lives and their organizations surrounding behavioral health issues. The curriculum focuses on the impact of operational and organizational stress, the effect of trauma and life experience on employee attitudes, holistic employee health strategies, and enhancing interpersonal and community relationships.



THANK YOU to our hosting agency:
Pasadena Police Department



Attendees will receive TCOLE Credit



Training location:

Pasadena Police Academy

08.00-4.00 PM



Address: 6052 Genoa Red Bluff Rd.

Pasadena, TX 77507



Questions?

Dee Pellegrino 732-539-8273



**MUST REGISTER AND
PAY IN ADVANCE**

**\$899
PER PERSON**

**DEADLINE TO
REGISTER:
JANUARY 5, 2026**



To Register Scan the QR Code and
scroll to this location or

Visit Our Website

www.resilientminds.us

