

CSSAF Winter Wellness Seminar Dec 9-11, 2024 (Sonoma County) 12/9/2024 - 12/11/2024

This is to confirm that you are registered for the CSSAF Winter Wellness Seminar scheduled for December 9-11, 2024, hosted by Sonoma County.

Meeting/Lodging Location: The lodging/seminar will be held at Hyatt Regency Sonoma Wine Country, 170 Railroad Street, Santa Rosa, CA 95401 (Sonoma County). CSSA room rate for a one bedroom \$214. Reservations can be made by calling 1-800-233-1234 with group name: CA STATE SHERIFFS ASSN or online at <https://www.hyatt.com/en-US/group-booking/SONOM/G-C968>. Cut-off date is Monday, November 11, 2024.

Schedule of Events

Monday, December 9, 2024:

12PM - 1PM: Attendee Registration

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1PM – 1:30PM: Welcome

1:30PM - 5:00PM: Overview of Spring Semester/One-on-One Session Sign Ups w/ Danielle and Dr. Lee

5:30PM - 7:30PM: Group Reception

Tuesday, December 10, 2024:

8AM - 10AM: Wellness Staff Round Table

10AM - 10:30AM: Break

10:30 - 12PM: Instructional Piece

12PM - 1PM: Attendee Lunch

1PM – 3:30PM: Resilience and Compassion Training

3:30PM - 5PM: One-on-One Sessions

Wednesday, December 11, 2024:

8AM - 9:30PM: Testimonials

9:30AM - 10AM: Break

10AM - 11:30AM: Testimonials

11:30AM - 12PM: Conclusion

1PM - 3PM: One-on-One Sessions (Tentative)