

SOUTHWESTERN ILLINOIS LAW ENFORCEMENT COMMISSION
Mobile Team ASSIST #14

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MANDATES: 1.50 Hr. Office Wellness and Mental Health

P R E S E N T S

2 HOUR WELLNESS AS AN OPERATIONAL PLAN

WHEN: Wednesday, July 15, 2026 – 12 PM/2 PM

WHERE: O'Fallon Police Department
285 North Seven Hills Rd., O'Fallon, IL. 62269

WHO: Meg Krase and Caitlyn Brennan, 100 Club of Illinois

TO REGISTER: Register online at 100clubil.org. **Limit 50!**

This course guides first responders through understanding their individual and peer wellness goals and needs, while discovering support systems and red flags in an effort to bring this knowledge back to the department and to their support communities.

.Funding made available by Homeland Security Grant Funds and the Illinois Law Enforcement Training and Standards Board, Southwestern Illinois Law Enforcement Commission, ASSIST #14 Partnership and the seven counties of Bond, Clinton, Madison, Monroe, Randolph, St. Clair and Washington. MTU 14 request for certification of this course has been approved by the Illinois Law Enforcement Training and Standards Board.