

CPOA

Public Safety Wellness Symposium

February 9, 2026 7:45 AM – 5:00 PM
@ ROC Redwood City

Hosted by CPOA Region 2

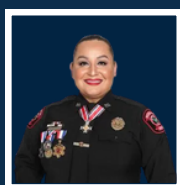
Contra Costa, Alameda, Santa Clara, San Mateo & San Francisco County



Description

Join us for a dynamic one-day Wellness Symposium dedicated to advancing the physical, emotional & psychological well-being of California's peace officers. This essential gathering will bring together law enforcement professionals, wellness experts & mental health clinicians for a day of transformative dialogue, practical tools & shared experience.

Whether you're an officer, supervisor, command staff member, or clinician working with law enforcement, this symposium will provide valuable insights & tools to strengthen the fabric of wellness within your agency.



**Officer
Ann Carrizales (ret.)**

Keynote Speaker

*Fight After the Fight
Critical Incident Debrief & the Aftermath*



**Chief
Neil Gang (ret.)**

Presenter

*4th Watch:
Organizational Wellness & Suicide Prevention*



**Jade Defrates
LCSW**

Presenter

*Treatment that Works:
Culturally Competent Care for Cops*

CPOA Member \$175 – Non Member \$250



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