

RETIRE WELL WORKSHOP



February 5th, 2026

Hosted by: Peace Officers Research Association of California

Research shows that approximately one in ten retirees report suicidal ideation, and one in four suffer from significant life dissatisfaction, mood, and relationship issues.

This is not just another retirement presentation that solely focuses on financial wellness. This is a retirement resilience course that provides tools to help you rediscover identity, purpose, security, and acceptance into retirement in order to improve quality of life adaptation and make the unknown known. When one door closes, another one opens!

Training Objectives:

- How to remove the “super-suit” and rediscover yourself without your occupation
- Examine aspects of security in your transition and adaptation to civilian life
- Explore ways to accept change, cope with abandonment and replacement, and find belonging elsewhere to reduce risk of suicide
- Find new purpose by staying busy, doing engaging activities and occupations to improve life satisfaction
- Identify signs of relational and mental health issues, and learn ways to access appropriate support



Scan the code or
click the LINK to
register today.

