

**SOUTHWESTERN ILLINOIS LAW ENFORCEMENT COMMISSION**  
**Mobile Team ASSIST #14**

2300 West Main St., Suite D-100  
[www.silec.org](http://www.silec.org)

Belleville, Illinois. 62226  
E-mail: [office@silec.org](mailto:office@silec.org)

**618/277-1550**  
Fax: 618/277-1553

**Mandates are pending ILETSB approval.**

**P R E S E N T S**

# **2 Hour Fortifying the Foundation: Building a Strong Support System**

*Designed for: Personnel who are currently employed by a unit of local government in a sworn capacity.*

**WHEN:** Monday, February 24, 2025 – 8 AM/10 AM

**WHERE:** Grace Church- TLC Building  
5151 North Illinois St., Fairview Heights, IL. 62208

**WHO:** Caitlyn Brenner, Chief Executive Officer of 100 Club of Illinois

**TO REGISTER:** Visit our website [www.silec.org](http://www.silec.org). **Limit 25.**



In this class, we aim to empower participants with the tools and strategies needed to build and sustain a resilient support system. By exploring key concepts in communication, networking, and mutual support, we will delve into the essentials of establishing meaningful connections and fostering a network of trust and reliability. Participants will learn how to identify and cultivate supportive relationships, navigate challenges collaboratively, and leverage their support system for personal and professional growth. Our goal is to equip you with practical skills to enhance your network, overcome obstacles, and create a foundation of support that contributes to your overall well-being and success.

**The goals of “Fortifying the Foundation: Building a Strong Support System” are to:**

- **Understand the Importance of Support Systems:** Learn why having a strong network is crucial for personal and professional growth, including the benefits of emotional, social, and practical support.
- **Identify Key Components:** Discover the essential elements of a supportive network, such as trust, reciprocity, and effective communication.

- **Build and Nurture Relationships:** Develop strategies for initiating and maintaining meaningful connections, including networking techniques and relationship management skills.
- **Leverage Support Systems:** Explore ways to effectively use your network for problem solving, decision making, and achieving personal and professional goals.
- **Overcome Challenges:** Address common obstacles in building and sustaining support systems and learn strategies to overcome these challenges.

Funding made available by 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.