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**UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION**  
WASHINGTON, D.C. 20549

**FORM 8-K**

CURRENT REPORT  
PURSUANT TO SECTION 13 OR 15(d) OF THE  
SECURITIES EXCHANGE ACT OF 1934

Date of report (Date of earliest event reported): **August 16, 2019**

**Strategic Environmental & Energy Resources, Inc.**  
(Exact Name of Registrant as Specified in Charter)

**NEVADA**  
(State or Other Jurisdiction  
of Incorporation)

**000-54987**  
Commission File Number

**02-0565834**  
(IRS Employer Identification No.)

**370 Interlocken Blvd, Suite 680, Broomfield, CO 80021**  
(Address of principal executive offices)

Registrant's telephone number, including area code: **(720)-460-3522**

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

- ☐ Written communications pursuant to Rule 425 under the Securities Act
- ☐ Soliciting material pursuant to Rule 14a-12 under the Exchange Act
- ☐ Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act
- ☐ Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act

Securities registered pursuant to Section 12(b) of the Exchange Act:

Title of each class	Trading Symbol(s)	Name of each exchange on which registered
N/A	N/A	N/A

Indicate by check mark whether the Registrant is an emerging growth company as defined in Rule 405 of the Securities Act of 1933 (§230.405 of this chapter) or Rule 12b-2 of the Securities Exchange Act of 1934 (§240.12b-2 of this chapter).

Emerging growth company ☐

If an emerging growth company, indicate by check mark if the Registrant has elected not to use the extended transition period for complying with any new or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act. ☐

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**Item 5.02: Departure of Directors or Certain Officers; Election of Directors; Appointment of Certain Officers; Compensatory Arrangements of Certain Officers.**

**Termination of Consulting Agreement for Heidi Anderson as Interim Chief Financial Officer on August 16, 2019**

The Company terminated the consulting agreement with AVL Growth Partners, LLC for Heidi Anderson as Interim Chief Financial Officer of the Company. The Company has engaged an interim Chief Financial Officer, Clark Knopik, through contract with Lost Pines Partners, LLC, a fractional CFO services company. Mr. Knopik is a Certified Public Accountant with over 20 years of experience in both public and private accounting across a wide range of industries.

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## SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

**Strategic Environmental & Energy Resources, Inc**

Date: August 16, 2019

By: /s/ J. John Combs III  
J. John Combs III  
Chief Executive Officer

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