

Mental Health Webinar for Educators: "You Can't Pour from an Empty Cup"

Please join us for a FREE webinar focused on supporting the mental health needs of our students and ourselves during these unprecedented times. How can we strengthen our resilience while being mindful of our students' emotional well-being which has been impacted in multiple ways by COVID-19? Students look to adults for guidance in reaction to stressful events. This webinar will help you model and teach strategies that foster compassion and flexibility. We will utilize activities from The Compassion Resilience Toolkit and DPI's Trauma Sensitive Schools professional development.

Cost:
FREE

Date/Time:
June 23, 2020
1:00-3:00 pm

Location:
Virtual via Zoom (link will be
emailed to you)

CESA 9 Contact:
Madeline Conrad,
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Audience:

Teachers (special and general
education), pupil services (school
psychologists, school social
workers, school counselors, and
MH Navigators)

Register here:
bit.ly/YourMentalHealth20

