Wisconsin Safe and Healthy Schools Center

Online learning

Just in Time

Event Dates:

A Moment of Calm:

December 9, 2020 — 3:00 pm-3:30 pm
December 16, 2020 — 3:00 pm-3:30 pm
January 6, 2021 — 3:00 pm-3:30 pm
January 13, 2021 — 3:00 pm-3:30 pm

Contact Person: Carol Zabel

czabel@cesa10.org; (715) 720-2145

A Moment of Support:

January 20, 2021 — 3:00 pm-4:00 pm
January 27, 2021 — 3:00 pm-4:00 pm
February 3, 2021 — 3:00 pm-4:00 pm

Contact Person: Jackie Schoening

jschoening@cesa6.org; (920) 236-0515

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WISH Contact:
Alie Hubing, CESA #4
(608) 786-4807; ahubing@cea4.org

Registration Assistance:
Mary Devine, CESA #4
(800) 514-3075; mdevine@cesa4.org

Minimum/Maximum Number
of Participants: 10/50

Just in Time

A MOMENT OF CALM & A MOMENT OF SUPPORT

The "Just in Time" series of sessions will offer practical and relevant topics to support educators as they navigate through this unique and challenging school year.

A Moment of Calm sessions are designed to be a time for educators to shift their focus from work and grow their mindfulness practices.
Participants will:
• Define mindfulness
• Become familiar with the research supporting mindful practices
• Engage in a different mindful practice each week

A Moment of Support sessions are designed to be a time of support for educators who would like a confidential place to share, debrief and support one another. During this unpredictable and chaotic time we live in, we need to prioritize ourselves. When we do this, our resilience grows.

Facilitated by WISH Center Staff, these sessions are designed to be support groups, not therapy.
• No notes will be taken
• No curriculum
• Nothing will be part of anyone's records, including involvement in the group
• Confidentiality will be a priority
• Groups should be limited to 3 meetings

* Free — Register Today *

Select one topic - or both - and you'll receive Zoom links and Google Calendar invites to all sessions. Attend any or all sessions, discussion will be unique each session!

Online Registration

■ https://login.myquickreg.com/register/event/event.cfm?eventid=28185