

CoSer 525 (Community Schools) Presents
**REVITALIZE & RECONNECT:
SELF-CARE
FOR EDUCATORS**

Kelli Forster and Brooke Neamon



IN THIS INTERACTIVE WORKSHOP, EDUCATORS WILL LEARN PRACTICAL STRATEGIES TO PRIORITIZE SELF-CARE AND MAINTAIN THEIR WELL-BEING AMIDST THE DEMANDS OF TEACHING. THE WORKSHOP WILL FOCUS ON HOLISTIC WELL-BEING (PHYSICAL, MENTAL, AND EMOTIONAL) PROVIDING TOOLS TO HELP PREVENT BURNOUT AND SUSTAIN A HEALTHY WORK-LIFE BALANCE. THROUGH A SERIES OF ACTIVITIES, DISCUSSIONS, AND REFLECTION EXERCISES, PARTICIPANTS WILL EXPLORE SELF-CARE TECHNIQUES TAILORED SPECIFICALLY FOR THE TEACHING PROFESSION.

SEMINARS*



1. THURSDAY, AUGUST 21, 2025
2. THURSDAY, OCTOBER 30, 2025
3. THURSDAY, MARCH 16, 2025



ALL SEMINARS WILL BE LOCATED AT THE HUB
(301 N UNION ST SUITE 402, OLEAN, NY 14760)

LUNCH IS PROVIDED; PLEASE WEAR COMFORTABLE CLOTHING!

***ALL SEMINARS ARE FROM 8:30 AM - 2:30 PM**

If you are interested (or have a staff member who is interested), please reach out to your district's representative so that they can complete registration.

REGISTER HERE



NOTICE OF NON-DISCRIMINATION

The Cattaraugus-Allegany-Erie-Wyoming Board of Cooperative Educational Services does not discriminate on the basis of an individual's actual or perceived race, color, religion, creed, ethnicity, national origin, citizenship status, age, marital status, partnership status, disability, predisposing genetic characteristics, sexual orientation, gender (sex), military status, veteran status, domestic violence victim status or political identity, gender expression, and religious practices or any other basis prohibited by New York State and/or federal non-discrimination laws in employment or its programs and activities. The District provides equal access to community and youth organizations. Inquiries regarding the District's non-discrimination policies should be directed to: [Non-Discrimination / Anti-Harassment](#)