

CoSer 525 (Community Schools) Presents

# REVITALIZE & RECONNECT:

# SELF-CARE FOR EDUCATORS

Kelli Cullen and Janelle Freer



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, MAY 21, 2026



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](#)



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