



WELLNESS WEDNESDAY SUMMER SERIES

WITH KELLEY BURT

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This series will offer a range of topics, from Social Emotional Learning for Educators, Mindfulness, Mental Health & Wellness, Resilience and many more! Join us to learn new strategies that will support daily wellness, growth and ultimately prevent burnout. Participants are encouraged to join us for all 4 sessions within the series, however, are also welcome to attend if they are not available to participate in each session within the series.



DATES

- **July 6:** Intro to Adult Social and Emotional Learning
- **July 13:** Running on Empty: Addressing Teacher Stress and Mental Health
- **August 3:** Intro to Trauma and Chronic Stress
- **August 10:** Concrete Classroom Management Strategies That Reduce Teacher and Student Stress



Register.caboces.org

See your district registration representative to register!

