The return to school and structured activities this fall will bring with it many new and unique challenges for both educators and youth. Whether it is the change in environment, social interactions or structure, youth will face more stressors than an average back-to-school season. Along with this increase in stressors, we are likely to see an increase in stress responses and mental health challenges. This course will help Jewish educators understand and better support the mental, emotional, and behavioral health needs of their students.

**TOPICS COVERED INCLUDE:**

**SESSION 1: JULY 28TH FROM 12:00-1:30PM MST**
- Stress, Anxiety, and COVID-19
- Understanding the Window of Tolerance
- Coping with Stress & Managing Anxiety
- Physiology of Trauma
- Trauma in the Classroom
- What You Can Do
- How to “Stay in Your Lane”

**SESSION 2: AUGUST 4TH FROM 12:00-1:30PM MST**
- Strategies Moving Forward
- Empathy & Communication
- Building Motivation
- Embracing Strengths
- Promoting Wellness
- Understanding Compassion Fatigue
- Holding Boundaries

**EMAIL EMILYH@BAMIDBARTHERAPY.ORG TO REGISTER**

**SUGGESTED DONATION FOR ZOOM COURSE: $18**

(720) 835-2937
BaMidbarTherapy.org
info@bamidbartherapy.org