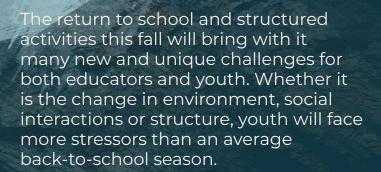
PROFESSIONAL DEVELOPMENT FOR JEWISH EDUCATORS MENTAL, EMOTIONAL, & BEHAVIORAL HEALTH



Just because it's back to school doesn't mean it's back to normal



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



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