

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



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

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](mailto:EMILYH@BAMIDBARTHERAPY.ORG) TO REGISTER  
SUGGESTED DONATION FOR ZOOM COURSE: \$18

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