

WELL-BEING WEDNESDAYS

Taking Care of Teachers Who Take Care of Kids

► <https://bit.ly/Well-beingWeds>

This webinar series is geared toward education professionals, administrators, and stakeholders who are working together to create a culture of well-being that supports students and educators.

Each session in this monthly series focuses on one of the 10 **Adult Resilience Curriculum (ARC)** practice modules and follows a tell-show-do approach. Session leaders teach one skill per session, outlining the skill, providing examples, and promoting use of the skill.

Attendees will receive certificates of completion for attending each webinar.

All webinar recordings, slide decks, and additional resources are posted on the web page

Questions? Email midamerica@mhttcnetwork.org



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



MUNROE-MEYER
INSTITUTE



UPCOMING SESSIONS

12-12:30 p.m. Jan. 13

Creating Safe and Supportive
Environments

12-12:30 p.m. Feb. 10

Fostering Pleasant Emotions and
Experiences

12-12:30 p.m. March 10

Coping With Difficult Thoughts, Feelings,
and Experiences

12-12:30 p.m. April 14

Feeling Good Physically Through
Nutrition, Movement, and Sleep

STAY TUNED FOR MORE!

SAMHSA

Substance Abuse and Mental Health
Services Administration