

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. The introductory session will cover the what, why, and how of the Adult Resilience Curriculum (ARC) and present strategies aimed at enhancing resilience and well-being.

Each session in this monthly series will focus on one of the 10 ARC practice modules and follow a tell-show-do approach. Session leaders will teach one skill per session, outlining the skill, providing examples, and promoting use of the skill. During the last session of the series, participants will be encouraged to identify and practice strategies that align with their personal and professional values, resulting in a “personal recipe for well-being.”



INTRODUCTORY SESSION

12-1 p.m. CDT Sept. 9

Taking Care of Educators Who Take
Care of Kids

UPCOMING

12- 12:30 p.m. Oct. 14

Creating safe and supportive
environments

12-12:30 p.m. Nov. 11

Clarifying, aligning with, and committing
to one’s values

12-12:30 p.m. Dec. 9

Cultivating awareness through
mindfulness-based practices

STAY TUNED FOR MORE!



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network
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