



Experience A Virtual Self Care Awareness Program

Facilitated by:

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*3 Wellness Sessions
Group Activity November 7th
2 Follow-up Sessions*

Program Experiences

- Accessible practices for Self-Care & Empathy Management*
- Opportunities for authentic reflection and connection with colleagues*
- Application of learning to daily school environment and practice*

LOVE YOURSELF



Sponsored by:
School Improvement Grant Office (SIG)
Approved By Alicia Schick, Katherine Stehr, Director of Innovation