

# SELF CARE FOR TEACHERS:

## *Bringing Your Best Self to the Classroom*

**DATES: 12/6/13 OR 3/21/13**

**9AM-2:30PM**

**Earn 5 PQAS Credits**

**LOCATION:**

**Health Federation of Philadelphia**

**1211 Chestnut Street, 8th Floor**

**Philadelphia, PA 19107**

**COST: \$20.00**



Working with children in the classroom is challenging in the best of circumstances. As professionals working with vulnerable and often trauma-impacted children and families, it is essential for us to be **EMOTIONALLY** available. We can only offer this emotional availability if we are thoughtful about **CARING FOR OURSELVES**.

Register online at:

[www.pakeys.org](http://www.pakeys.org)

You must use your login or create a new account to access the Calendar.

This 5-hour session will provide information on secondary traumatic stress and its potential impact on professionals. We will also practice self care techniques, including:

- Mindful Movement
- Deep Breathing Tools
- Journaling
- Reflective Art
- Self-Awareness Techniques
- Visualizations
- Self-Care Assessments
- Creating a Self-Care Plan

You will leave **REFRESHED**, **RENEWED** and **REINVIGORATED**.

**INSTRUCTOR:**

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