



SDCOE South County SELPA's Positive Environment Network of Trainers (PENT) Team Proudly Presents
a Virtual Training Opportunity On:

SELF CARE TO SUPPORT RESILIENCE

WHEN: Tuesday, December 8th, 2020
3:00 p.m. – 4:00 p.m.

WHERE: Via ZOOM link to be sent upon
Registration

**PENT
VIRTUAL TRAINING
OPPORTUNITY**

REGISTRATION: ****<http://sdcoe.k12oms.org/1036-194877>**** **ONLINE RESERVATIONS ONLY**

Training Description

From the Positive Environment Network of Trainers (PENT) Cadre of the South County SELPA, this is a special opportunity to attend a Virtual Self Care Training to support schools and the community. The social-emotional impact of the crisis and “unknown outcome,” has had a significant impact on educators, students and families. As school districts across the country are continuing to address the needs of their students to distance as a result of COVID-19 related school closures there remains a concern about the social-emotional well-being of their staff members.

The purpose of this training is to allow educators and the community to explore self-care strategies and activities that can help boost staff resilience during the pandemic and prevent overwhelming stress and burnout. Attendees will learn about actionable strategies and advice to use immediately for themselves and in working with and supporting children, parents, and families during these difficult times. Amidst chaos and through adversity, these rich staff wellness and self-care resources can support and nurture educators to become more resilient together.

This Training Will Include:

- Overview of Mindfulness as self-care for educators
- Simple mindfulness activities to do on your own
- What are the components of self-care
- Supporting teachers resilience during covid-19
- Taking care of mental and emotional health

About the Presenters: Our trainers are the South County SELPA Positive Environment Network of Trainers (PENT) Cadre members. The PENT Cadre meet annually at the PENT Forums to analyze research finding, collaborate, share materials, and provide local trainings: Margaret A. Sedor, School Psychologist-SUHSD and Reid Burns, District Behavior Support Specialist-SUHSD

Intended Audience: School Psychologists, Teachers, Administrators, General Education Teachers, Special Education Teachers, Social Workers, Counselors and Classified Support Staff.

Cost: There is no cost for South County SELPA Region and East County SELPA (Chula Vista, Coronado, National, San Ysidro, South Bay and Sweetwater, Alpine Union, Borona, Indian Charter, Cajon Valley Union, Dehesa, GUHSD, Jamul-Dulzura, Lakeside Union, LaMesa-Spring Valley, Lemon Grove, Mountain Empire and Santee) All others \$15.00 per person