

Self-Care Strategies for Teachers during the Covid-19 Crisis.



K-8 teachers will learn about self-care during the Covid crisis, focusing on emotional, social and physical well being. These techniques and ideas can be used for self-care at all times.

February 8th from 1:00-2:30 or February 10th from 7:00-8:30

CPDUs will be provided by Evanston/Skokie SD65

Register here:

<https://www.eventbrite.com/e/self-care-for-teachers-during-covid-19-tickets-138283284025>

Meeting link will be provided to all who register 3 hours before the meeting.

About the Presenter: Joyce Bartz. LCSW served as the Assistant Superintendent of Special Services, a school social worker and administrator with District 65 for 35 years, until her retirement in 2019. Prior to working with District 65, Joyce worked as a social worker for several community organizations in the Chicago area. Joyce joined the Board of Directors of Mental Health America of the North Shore in 2020.

