



MISS KENDRA NEWSLETTER

Moving beyond being trauma-informed
by addressing trauma proactively

Join us for our March Webinar

Why Teachers Should Not Quit the Profession

Tuesday, March 15 @ 4:00pm (ET)

[Register Now!](#)

Join us for our March webinar!

Recent surveys have indicated that many teachers are contemplating quitting the profession due to the levels of stress and complexities of teaching brought on by the pandemic. The departure of experienced teachers at this time will bring on a crisis in education that will take years to heal. Our panel will address this problem head on and make the argument for persistence, and for the resources teachers need to succeed.

Panelists:

- David Johnson, Ph.D, CEO, Miss Kendra Programs
- Hadar Lubin, MD, Chief Medical Officer, Miss Kendra Programs
- Amy Barber, BA, LGSW, Art Specialist/School Social Worker, St. Paul City Charter School, St. Paul, MN
- Leslie Blatteau, President, New Haven Federation of Teachers, NHPS History Teacher, New Haven, CT
- Annie Morris, MSW, LCSW, Clinical Consultant, Sallie B. Howard School of Arts and Science, Wilson, NC

[Join us](#) on Tuesday, March 15th at 4:00pm to be reminded how valuable our educators are.

[Register](#)

Teachers' Support Program: A Bi-Weekly Meeting with Dr. Hadar Lubin

and Erinn Webb

Join Dr. Hadar Lubin, MD, Chief Medical Officer of the Miss Kendra Programs and Co-Director of the Post Traumatic Stress Center, and Erinn Webb, MA, RDT, Director of Primary Education Programs, on a journey exploring how stress is affecting your job as a teacher/educator.

Previous participants are welcome back! This program is designed to address topics that weigh heavily on teachers' minds: being stretched in so many directions by the urgent needs of your students and requirements of the school, and burdened even more by the pandemic and other current issues facing our nation.

Take this time for yourself, with other teachers, to reflect on the challenges, share your own experiences, and receive support. Each meeting will include a mini-lecture by Dr. Lubin on specific topics, followed by a process discussion, and ending with a brief closure. It is not 'therapy' but it provides the benefits of strengthening your resilience, understanding, and connection.

Bi-Weekly on Thursdays at 4-5PM EST via Zoom
Starting soon!

[Register Here](#). Space is limited to 20 participants.

Tend To Your Own Needs So You Can Help Others



Key Takeaways from February's Miss Kendra Webinar



1 Allow people around you to also care for you.

2 Pay attention to signs from your body that you are ignoring what you need.



3 Lastly, remember that you can integrate the arts into your work day.

#MissKendraWebinar

Dear Teachers,

Tending to ourselves can be difficult. Short, mindful and physical practices can come in handy when we don't have a lot of time and are pulled in many directions. Remember to engage your senses and be kind to yourself and your body that works hard every day to support our students.

1. **Allow people around you to also care for you.** Self-care can be difficult and sometimes we need to let our loved ones tend to our needs. As teachers, it is so easy to share your love and energy but remember that you also need to let love and good energy in!
2. **Pay attention to signs from your body that you are ignoring what you need.** Are you fidgeting, holding in, experiencing tension, pain or headaches? Are you forgetting to eat? Are there small acts of self-love you can include in your day? Examples are taking a different route to work, stopping to say hi to someone you normally breeze past, closing the door during lunch so you can breathe and be alone, or keeping lotion or snacks close by to remind yourself that your body matters too.
3. **Lastly, remember that you can integrate the arts into your work day.** Including more music, dance, and art can not only bring joy to your kids, but can be fun for you too! Physical movement, even just a little bit, can help reduce tension and stress that you may be storing in your body.

This little note is not meant to say do more work, but a reminder and invitation to have you pause and remember you and your body are important. Play, creativity and rest are the antithesis of stress and trauma. Lastly, a helpful quote from this month's webinar to keep in mind: *"An empty cup can't give water, and a rainstorm is coming, so we need all the cups. You can be broken, and still be filled up."*

Love the Miss Kendra Team

Connect with us!



Miss Kendra Programs



@MissKendraProg

Visit our website!



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