

Miss Kendra Programs: 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: <http://ow.ly/Mv3q50HT5Bb>

Space is limited to 20 participants.