

EDUCATOR AND STUDENT WELLNESS



FRIDAY
15
MARCH

Session 1: Self-Care (9:00am-12:00pm)

Join us for this dynamic training that explores essential topics for enhancing self-care. Participants will gain insights into dimensions of self-care, including physical, emotional, and social well-being. They will learn diverse strategies to incorporate into daily life and emphasize the significance of community care. This session includes creating a personalized self-care plan to address unique needs. This training provides a solid foundation, alternative perspectives, and a practical plan for ongoing well-being.

Session 2: Creating Communities of Care (1:00pm-4:00pm)

This training is designed to create communities of care (self-care and beyond). We cannot provide students healthy environments if staff do not experience it. This session is designed to provide some of the components of a typical self-care training while digging deeper into how school policies and practices impact everyone's wellness.

Audience: Teachers, Support Staff and Administrators

Location: Lexington 2 Innovation Center 509 Bulldog Blvd Cayce, SC
Register today and join us for one or both sessions!

[Register Here](#)

with
TJ Rumler

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