



Scanlan Center for School Mental Health

EDUCATOR EMPOWERMENT GROUP

skills to help PreK-12 education professionals thrive

In an 8-week online skill-building program, you will **reflect** on daily practices and emotional patterns; **develop** critical skills in handling crisis situations, cultivating emotional awareness, setting boundaries, and focusing on the present; and **connect** with other educators in a confidential, non-judgmental space.

This psychoeducational group will utilize skills from Marsha Linehan's Dialectical Behavioral Therapy (DBT).



Open to PreK-12 educators, school administrators, school counselors, school social workers, paraeducators, and other school staff in Iowa



The group will meet online 1x per week for 60 minutes over the course of 8 weeks.



Interested in participating? New openings will be posted on: bit.ly/SCSMHgroupcounseling

skill development

- Mindfulness
- Distress tolerance
- Emotion regulation
- Interpersonal effectiveness



➔ bit.ly/SCSMHgroupcounseling