

IOWA

Scanlan Center for School Mental Health



AEA EMPOWERMENT GROUP

skills to help Iowa AEA staff members thrive

In a 6-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 any staff members employed by an Iowa AEA



The group will meet online 1x per week for 60 minutes over the course of 6 weeks.



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

skill development

- Mindfulness
- Distress tolerance
- Emotion regulation
- Interpersonal effectiveness



➔ bit.ly/SCSMHgroupcounseling