



IOWA

Scanlan Center for School Mental Health

EDUCATOR EMPOWERMENT GROUP

group counseling to help PreK-12 education professionals thrive

In an 8-week online skill-building counseling group, you will reflect on daily practices and emotional patterns, develop critical skills in handling crisis situations, and cultivate awareness. You will also learn about setting boundaries and focusing on the present while connecting with other educators in a confidential, non-judgmental space. This counseling group will teach skills from Marsha Linehan's Dialectical Behavioral Therapy (DBT).



Open to PK-12 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

***SCSMH counseling groups are fee-based. We accept medical insurance. Financial aid is available to individuals who qualify.*

skill development

- Mindfulness
- Distress tolerance
- Emotion regulation
- Interpersonal effectiveness



➔ bit.ly/SCSMHgroupcounseling