



positivedirections  
THE CENTER FOR PREVENTION AND COUNSELING

**FREE**

**TEACHER**

**SUPPORT GROUP**

**COUNSELOR-LED  
SUPPORT GROUP FOR  
TEACHERS AND OTHER  
SCHOOL PROFESSIONALS**

At times, teaching can be demanding and stressful, as much as it is rewarding and fun. Add a pandemic and a new school year to the equation, and the stress can seem overwhelming. *One of the best ways to manage stress is by talking about it with those who understand.*

Come join this supportive group where you will be surrounded by peers, working together to support each other and build resilience.

**Group meets Wednesdays from  
7:00-8:00 pm via zoom.**

**Contact Angelina Miceli to reserve your seat today  
203-227-7644 or [amiceli@positivedirections.org](mailto:amiceli@positivedirections.org)**

***This support group has been underwritten by the  
generosity of the Positive Directions Board of Directors.***

POSITIVEDIRECTIONS.ORG