



When educators are equipped with the knowledge, tools, and skills to create environments that increase their own resilience and reduce anxiety, they can play a significant role in promoting healthy stress responses, promoting academic success, and supporting positive health outcomes for the entire school community.

Are you **a teacher or school staff** and want to learn more about **supporting the well-being** of yourself, co-workers and students while **building a community** with other school staff across Georgia?

[Sign-Up Here](#)

1st Tuesdays
12:30-1:30pm ET

October 1
November 5
December 3
January 7
February 4
March 4

Join our Staff Well-Being Community of Practice for Teachers & School Staff

