

Therapeutic Support Group for Teachers

- Get support for the overwhelm from pandemic collective trauma showing up in your classroom
- Make peace with the concept of a "new normal" and grieve the way things used to be
- Effectively deal with the stress of having to be responsible for lost learning during the pandemic
- Learn tools for handling interpersonal conflict with parents and others
- And much more!

Sundays

4 pm to 5 pm

April 3rd-May 15th

Group sessions via Zoom



Lepage Associates
*Solution-Based Psychological
& Psychiatric Services*

**For registration and
inquiries :**

919-572-0000

or

scheduler@lepageassociates.com

