



**HISD**

**Social & Emotional Learning**  
PROMOTING EMOTIONAL AND EDUCATIONAL SUCCESS

# SEL SELF CARE SERIES

*Do you want to focus on staff mental wellness?*

*Are your teachers experiencing burnout?*

*Do you want to facilitate positive relationships on your campus?*

*Do you need to focus on Adult Social & Emotional Learning?*



**Take advantage of our self care series for teachers & staff!**

**The SEL team will visit your campus to provide training on:**

*Anxiety management*

*Mindfulness*

*Building positive relationships with students & staff*

*Understanding Trauma & Triggers*

*Specialized sessions & more!*



The SEL Department will also be offering self care workshops in an effort to improve staff mental health & wellness on the following dates:

February 12 & 26 , March 11 & 31 , April 9 & 23 , May 7 & 21

Sign up on One Source: Course number #1441062

IF YOU ARE INTERESTED IN BEING PART OF OUR SERIES CONTACT:  
NBATISTE@HOUSTONISD.ORG

