

Mindfulness Skills for Teacher Self-Care

There is nothing indulgent or frilly about self-care. Research verifies that chronic high stress when unaddressed in school settings leads to poor outcomes for students, teachers and other adults at school, and for the overall enterprise of teaching and learning. **Mindfulness Skills for Teacher Self-Care** is an eight-session series of one-hour classes designed to inform and support teachers as they develop individual evidence-based strategies for overall reduction of stress and improvement of functioning. While the class is taught in a group format, each teacher will be supported in developing a sound and practical strategy for stress reduction specific to teaching.

This course is based on the renowned Mindfulness Based Stress Reduction program developed by Jon Kabat Zinn at the University of Massachusetts Medical School, and is taught by Geri Wilimek, MSW LICSW, a Qualified MBSR teacher, trained at that institution. Geri has been a clinical social worker in the Bemidji area since 1979, and uses a trauma-informed approach in her work.

Schedule

JW Smith School
Thursdays from 4:00-5:00pm
January 30, 2020
February 6
February 13
February 20
No Class February 27
No Class March 5
March 12
March 19
March 26
April 2