

STRESS & BURNOUT BUSTING EDUCATOR EDITION

Struggling with stress? Facing burnout or empathy fatigue? Looking for ways to connect with your peers and develop healthy self-care strategies that help you feel fulfilled as an educator-- and a human? Join FSC for three FREE weekly, confidential psychoeducation groups.

Sessions start February 12th!



Weekly in-person and virtual options covering:

- ✓ The science behind burnout-- and how to break the cycle
- ✓ Evidence-based approaches to stress reduction
- ✓ Taking self-care beyond pedicures and yoga class

Learn about:

- ✓ The ways stress impacts our our bodies and health
- ✓ How small, sustainable lifestyle changes stop stress in its tracks
- ✓ Strategies you can use (and teach your students!) to improve emotional regulation



**Sign up for FREE using the QR code provided.
For information about FSC and our counseling services
please contact us:**



847-251-7350



familyservicecenter.org



info@familyservicecenter.com

