

# STRESS RECESS

August 11th at  
12pm Via Zoom  
Meeting ID: 968 2710 7725  
pwd: 12345

RSVP  
<https://www.eventbrite.com/e/stress-recess-tickets-114656933976>

## SELF CARE & SUPPORT FOR TEACHERS, SCHOOL COUNSELORS, AND OTHER EDUCATION PROFESSIONALS

Heading back to school this year is filled with uncertainties & stress. You are not alone and your Behavioral Healthcare partners are here to support you. Join us for self care activities & discussions, collaboration, and give away raffle!

**1 complementary CEU will be offered**



 Courtesy of

