



Feeling busy or stressed
managing the responsibilities
of being an educator
during the pandemic?

SJCOE SELPA Psychologists Present Mindful Mondays!

**Sessions on Zoom
Starting October 11**



**Every Monday
3:30 PM - 4:00 PM**

**Open to all
School Staff**

Discover easy-to-learn mindfulness
techniques to help you
navigate challenging situations
and be more present with
family, friends, students, and parents.



Schedule:

October 11, 18, & 25
November 1, 8, 15, & 29
December 6 & 13
January 10, 24, & 31
February 7, 14, & 28
March 7, 14, 21, & 28
April 4, 11, 18, & 25
May 2, 9, 16, & 23



Every session you attend will make you eligible to enter a monthly drawing to win some mindful prizes!

For more information, please contact Rothie Sim at rsim@sjcoe.net.

