



Division of Educational Services
Instructional Services

The Arts

Monday,
November 14,
2022

8:00 a.m.
to
3:00 p.m.

Sunnylands
37977 Bob Hope Drive
Rancho Mirage, CA
92270

Creative Wellbeing for Teachers

Presented by the
Riverside County Office of Education
and Sunnylands

This workshop is designed specifically to meet the needs of teachers in a post-pandemic educational environment. It provides space and guidance to process feelings and stress while building resilience through group support, indigenous practice, and art mindfulness. The program facilitators are Gabriela and Claudia Arment and Judy Sklar, Artist.

Participants who participated in last year's pilot program unanimously gave it a 5/5 rating! Here are some of their feedback comments:

"Sunnylands (and RCOE) provided a thoughtful experience that allowed me to reflect, release stress, and build positivity personally and professionally."

"This is an outstanding process of centering, reflection, and creativity."

"Connection of hearts with art through listening, talking circles, nature, and art making truly made this one of the best workshop trainings I have ever attended. Thank you so much for the space to create and feel safe to release our burdens and turn our hearts over to creative work. A brilliant combination and I can't wait to do it again."

Target Audience:

This workshop is open to any TK-12 teacher. Art skills or background not a prerequisite.

Cost: \$120 per person

(Includes lunch and all art making supplies.)

Attendee Limit: 20 participants

Registration Deadline:

Monday, October 31, 2022

Make payment payable to:

Riverside County Office of Education

Mail to:

Riverside County Office of Education
Attn: Accounts Receivable
P.O. Box 868
Riverside, CA 92502-0868

Note: No refunds after deadline date. No refunds for no-show participants. All cancellations must be made in writing before the deadline date. Participants that are outside of Riverside County will be able to pay by credit card only. Please choose the Authorize.net payment option when registering.

For additional information, please contact: Louisa Higgins, Administrator, The Arts | lhiggins@rcoe.us.



Register at

<http://rcoe.k12oms.org/485-222703>



SUNNYLANDS
CENTER & GARDENS