



1-2-3 WELLNESS:

Powerful Self-Care for School Staff



1-2-3 Wellness™

Professional Development Topics Include:

- Social and emotional learning (SEL)
- Mental health and overall well-being
- Trauma and the brain
- Power of safety and connection
- Collective trauma
- Responding to stress in healthy ways
- Mindfulness
- Self-care
- Supporting individuals exposed to abuse and neglect
- Self-compassion
- Culturally responsive approaches

Participants will learn tools to:

- Self-regulate and stay centered
- Cultivate greater calm within
- Equip with vital resources and knowledge related to self-care
- Increase capacity to help co-regulate and empower students with high levels of trauma.

Dates/Time/Location:

Participants can choose one (1) of the following sessions:

January 30, 2023 | 9:00 a.m. – 12:00 p.m.

Riverside County Office of Education
Conference Center
4280 Brockton Avenue
Riverside, CA 92501

February 21, 2023 | 1:00 p.m. – 4:00 p.m.

Virtual

February 28, 2023 | 1:00 p.m. – 4:00 p.m.

Virtual

Cost: Free!

Riverside County Office of Education-Foster Youth Services Coordinating Program is excited to offer this self-care opportunity. We have partnered with 1-2-3 Wellness to provide strategies that will equip participants with resources to increase their wellbeing, mindfulness, and build healthy relationships from a place of calm. These self-care skills are meant for those who want practical and powerful tools producing immediate and long-term benefits related to well-being. Tools learned can be deployed immediately to help address the stress and collective trauma.

Audience: Foster and Homeless Liaisons, District and Site Administrators, Child Welfare and Attendance Staff, Teachers, School Counselors, School Social Workers, Mental Health Professionals, Community Advocates and Partners working with youth in foster care and students experiencing homelessness.

Register today!

<http://rcoe.k12oms.org/1089-229380>