

MANAGING STRESS & ANXIETY



in Public Education

Feeling overwhelmed by the demands of teaching?

**Join us this
summer for
FREE**

**Group & Individual
Counseling**

- Learn practical strategies to manage stress
- Connect with peers in a safe space to share
- Gain tools for emotional resilience & self-care

Group Counseling Sessions begin in June!

*In-Person Group Counseling Sessions-
Thursdays 4:00-5:00*

*Virtual Group Counseling Sessions-
Tuesdays 11:00-12:00*

For registration & more info:

 Brian@kycswcenter.com

