



**TUESDAY,
FEB. 25
4:30-6:00**

Staff Resiliency and Wellness

Presented by OEA members
and the OEA Center for Great
Public Schools

Coping with the effects of others' trauma can be draining and can have lasting negative effects. It is not uncommon for educators who deal with traumatized students to develop their own symptoms of traumatic stress known as secondary trauma or compassion fatigue. In this session, learn about best practices in staff resiliency and wellness to help you and your colleagues maintain your own health and to guard against or heal from the effects of secondary trauma. This session will emphasize the science of resiliency, meaningful self-care, and opportunities for staff wellness support.

Register at: www.heaoea.org

OEA UniServ Office, 8900 NE Walker Rd #125
Hillsboro OR 97006 (in Tanasbourne area)

This workshop is FREE and available to OEA Members only—one of the many benefits that come with Membership!