



# MENTAL HEALTH AND WELLNESS TRAININGS

## STAFF MENTAL WELLNESS

Click on the date of the training to register.

**REGISTER  
NOW**

**AUGUST 24 9AM - 10AM**

**Maintaining Staff Wellness: A Leader's Guide to Manage Staff Mental Health**

Leadership techniques to ensure the mental wellbeing of faculty & staff.

**AUGUST 31 9AM - 11AM**

**Reboot, Refresh, and Rejuvenate: Educators Self-Care Toolkit**

Working with staff of all areas to validate difficult feelings, understand the importance of selfcare, and ways to navigate the changing world that benefits them

