


Mental Health Tools for Teachers



 COVID-19 Resilience Webinar

Wellness

Wellness Resources for Schools and Students

Building Resilience in the World of COVID-19

The Backyard • Departments • Benefits • Employee Assistance Program (EAP)


Employee Assistance Program (EAP)

WHAT IS THE EAP?

The District's Employee Assistance Program (EAP) is a confidential counseling and work-life service. The EAP provides support and resources to help employees resolve personal issues and identify needed resources.

WHO IS ELIGIBLE?

All Cherry Creek School District employees will have access to the EAP services. In addition, spouse's, children or a non-marital partner living in the same household will also have access to the EAP.



You're In Charge®

COVID-19: Resilient Educator Toolkit

MORE RESILIENT TOGETHER THROUGH THE CORONAVIRUS PANDEMIC


ONLINE LEARNING

4 Tips for Teachers Shifting to Teaching Online

An educator with experience in distance learning shares what he's learned: Keep it simple, and build in as much contact as possible.

By [Kareem Farah](#)


Mental health and emotional wellness apps



Self-care at your fingertips — at no cost to members

COVID-19's teaching challenges: 5 tips from pediatric care for teachers wearing masks

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