

WE ARE ALL IN THIS TOGETHER

Educating kids during a pandemic is a challenge none of us thought we would face. Balancing our own stressors while encouraging students can be overwhelming.

YOU ARE NOT ALONE!

Connect with mental health support designed to meet the needs of school staff.

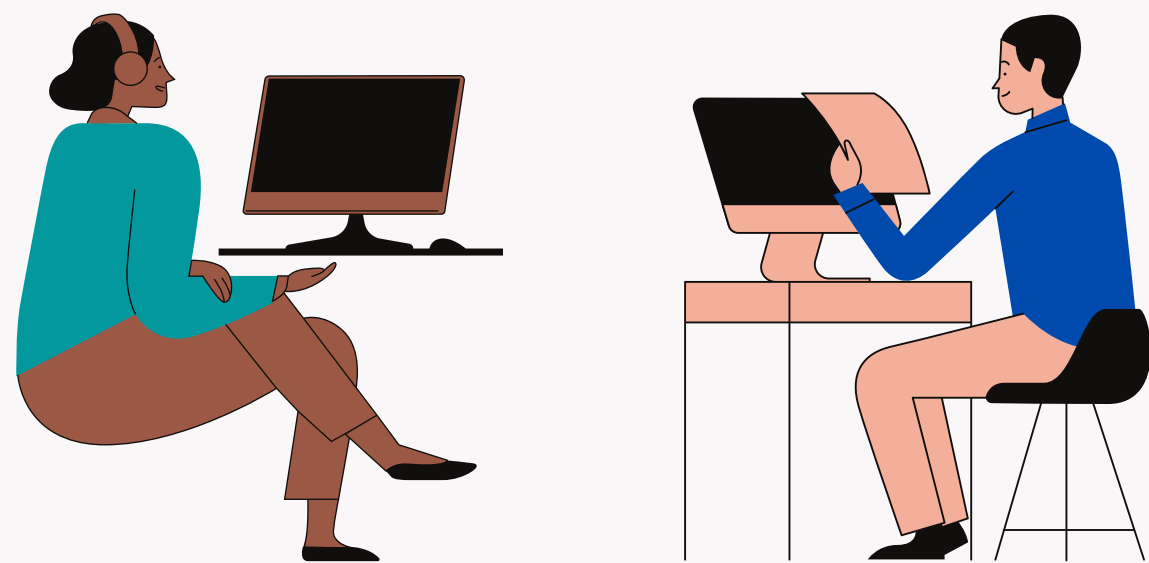
Tuesdays & Thursdays 4-6 PM

Services provided can include:

- Individual support sessions
- Group sessions (Members selected by you)
- Open groups (Facilitator selects members)
- Connections with long term services if needed

This Service is:

- Free & Confidential
- Come as needed
- Virtual or in person



Contact Heidi Bruder for questions & to sign up
Email: heidi.bruder@sanfordhealth.org