

JOIN HOP BROOK COUNSELING

for an EDUCATOR RESILIENCE SUPPORT GROUP

The group will offer a supportive and safe environment for educators who are grappling with the unique challenges and stresses of the profession.

ABOUT:

The Educator Resilience Support Group will be a nurturing and empowering space where educators can find validation & support.

Group members will learn skills to improve their well being so they can continue making a positive impact on the lives of their students while managing the increasing demands of the profession.

Group members will be encouraged to openly share their challenges, experiences and triumphs.

Group will be facilitated by Rachel Bulinski, Licensed Professional Counselor.

WHO CAN JOIN

Group is open to teachers of all levels and experience

DATES/TIMES

Group will meet via zoom

Mondays 6-7pm

beginning December 4, 2023

INSURANCE/COST:

Accepted insurances:

Aetna, Anthem, Cigna, Connecticare, United & Husky or \$25/session

HOW TO JOIN:

Visit www.hopbrookcc.com

& click on "become a client" to fill out a new client registration.

Be sure to say you are interested in the teacher support group!

more info: rachel@hopbrookcc.com