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Employee
Assistance
Service for
Education

Overview:

Message From EASE

Article: Grounding Yourself in Gratitude

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Free, confidential support for school district employees and family members:

- Work-related concerns
- Emotional distress
- Stress
- Anxiety
- Depression
- Substance use
- Grief and loss
- Life transitions
- Family issues
- Wellness



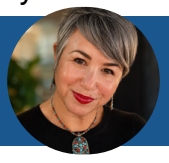
Message from EASE Director

November offers an opportunity to reflect on the things in life that we are grateful for. For me, that includes the educators and staff whose daily efforts support our students, families, and one another. As we approach the holiday season, I want to acknowledge both the care you bring to your work and the many responsibilities you carry beyond it. This month, we also recognize **Native American Heritage Month**, honoring the histories, cultures, and ongoing contributions of Native American communities. It is an opportunity to learn from Indigenous voices and deepen our understanding of the communities whose histories and present-day experiences are part of the places where we live and work. In the busy weeks ahead, I encourage you to make time to connect with someone who supports you, let a colleague know their efforts are appreciated, and check in with your own needs. Gratitude can be meaningful even during difficult times; it does not require us to overlook what is hard.

In this issue, you will find reflections on gratitude, along with workshops and resources to support your well-being. Please remember that EASE is here for you and your family throughout the year. Thank you for all you contribute to our school communities. I hope the coming weeks offer you time for rest and connection with the people who matter to you.

WITH GRATITUDE

Dr. Emily J. Hernandez
PPS-CWA, LMFT
EASE Executive Director



ARTICLE

Click the hyperlink text to access and review the following resources:

Grounding Yourself in Gratitude

As we look forward to shorter days and the changing leaves, take an opportunity to slow down and notice what is happening within us and around us. In the spirit of giving thanks, the month of November marks a time to observe **Native American Heritage Month**. In honor of the rich histories, resilience, and living traditions, we encourage you to open yourself up to a practice of gratitude beyond the simple act of saying 'thank you'. Instead, take a mindful moment to take notice of where you are in the present moment – within yourself and your relationships, the land that your two feet are standing on, and within the communities that we contribute to.

Gratitude as a Practice and Philosophy

A unifying theme and tradition across many Indigenous cultures is the use of gratitude in practice and a way of being. To be in a state of gratitude is to acknowledge that we are individuals that take part in a larger collective - as well as the responsibilities we have in caring for our environment, the contributions and sacrifices made by those before us, and the efforts necessary to sustain the communities we support. As educators and support staff, these principles resonate deeply in the work we do.

As we practice and embody gratitude through the month of November, consider incorporating the following into your routines:

- **Reflect on the people, places, and experiences that have shaped you into becoming the person you are**
- **Identify ways to express gratitude beyond words and through your actions**
- **Learn about and honor Indigenous voices to deepen your awareness and inspire action**
- **Acknowledge the land that you live, work, travel to and pay respects to the Indigenous communities that have tended to it**
- **Step out into nature and observe the changes that this new season is bringing into your life**

The world continues to change quickly around us - it is difficult and seemingly impossible to keep up. Ground yourself with gratitude, small acts of care and connection, and shifting our focus from the uncertain to what's happening in the present moment. Allow gratitude to help you slow down, strengthen your relationships, honor and uphold the responsibilities we have towards one another and the spaces we call home.

Wishing you a November filled with meaningful moments of gratitude and connection.

- The EASE Team



Connect with Us!

Fill out the form on our website, call our office, send us an email or contact our 24/7 EASE hotline.

Employee Assistance Service for Education (EASE):
www.lacoe.edu/ease
562-922-6683 - Office (M-F, 7:30 a.m. - 5:00 p.m.)
800-882-1341 - EASE 24/7 Access

EVENTS

Click the images and hyperlink text to access and review the following event details and resources:

Awareness Days

- Month-Long Celebrations: Native American Heritage Month, California Sikh American Awareness and Appreciation Month, National Homeless Youth Awareness Month

- Nov 5: Project Management Day
- Nov 11: Veterans Day
- Nov 20: Transgender Day of Remembrance
- Nov 26: Thanksgiving







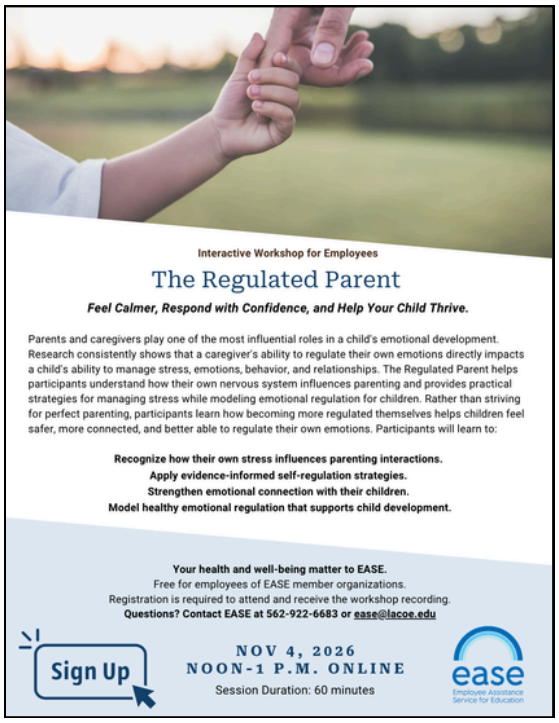
Low/Free Cost Activities

- Month-Long Events: Gloria Molina Grand Park's Wellness Break, GAME ON! Science, Sports & Play

- Nov 1: 24th Annual Encuentro de Jaraneros de California
- Nov 2: Día De Los Muertos
- Nov 4: JCOD Together We Thrive Summit & Festival 2026
- Nov 7: Corita Day
- Nov 8: Exploring Your Universe 2026
- Nov 8: Visit with a Veteran
- Nov 11: NAMI GLAC 2026 Conference: Mental Health For All
- Nov 13: Native American Heritage Month Film Screening: Bring Them Home: Aiskótáhkapiyaaya
- Nov 15: CicLAvia- Pasadena
- Nov 18: Workshop for Educators: Art & Neighborhoods
- Nov 21: Harvest Fest
- Nov 28: 41st Annual CSUN Powwow

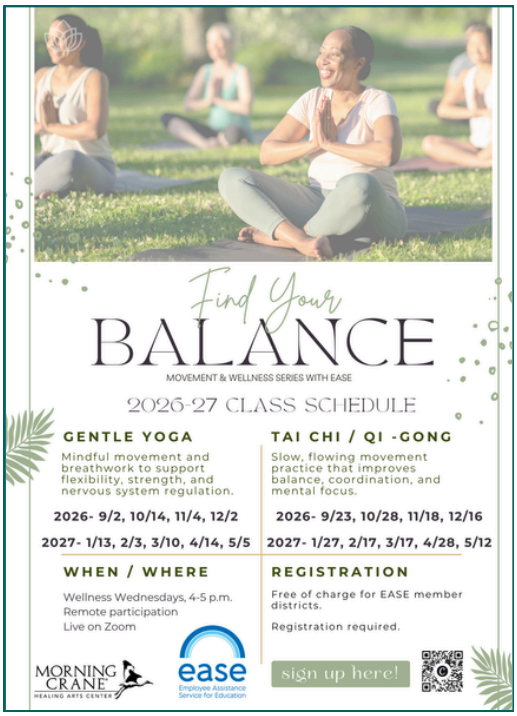
WORKSHOPS

Click the images and hyperlink text to access and review the following event details and resources:



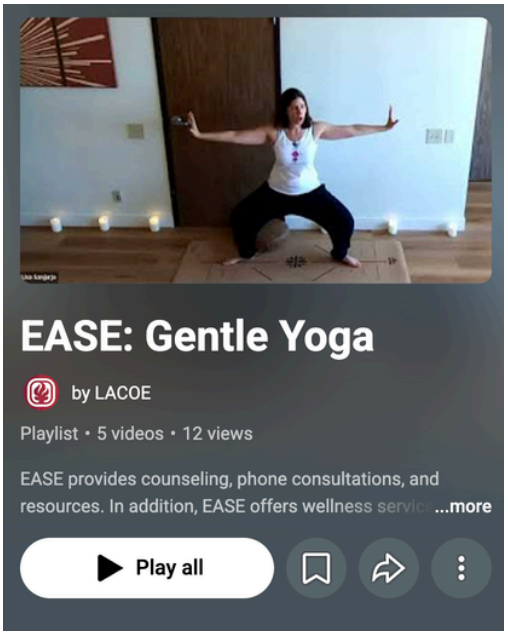
Event Details

Online Interactive Workshop for Employees:
The Regulated Parent
November 4, 2026
Noon to 1:00 p.m.
Sign up for the November Workshop

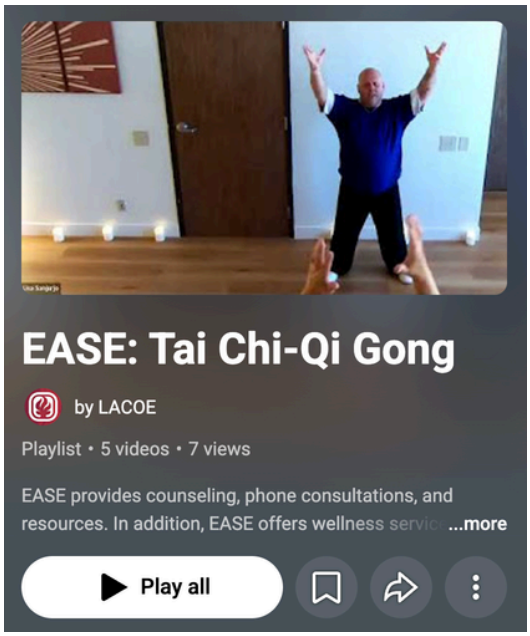


Event Details

Movement and Wellness Workshop Series:
Gentle Yoga and Tai Chi Qi-Gong
November 4 and 18, 2026
4:00 p.m. to 5:00 p.m.
Remote Participation
Live on Zoom
Sign up for the November Workshops



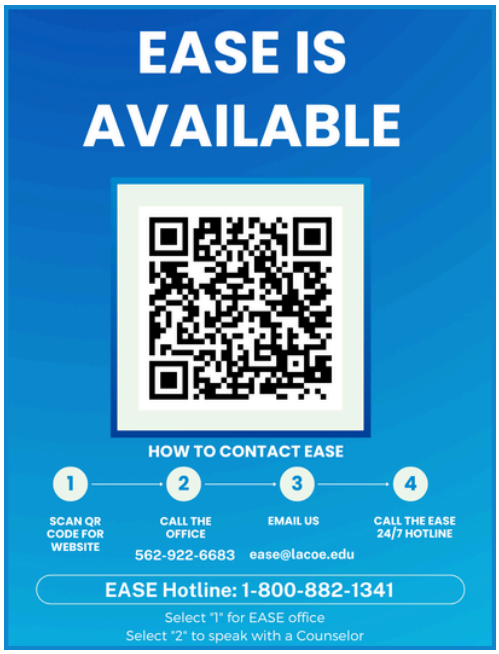
Access the EASE: Gentle Yoga Sessions Youtube Playlist



Access the Tai Chi Qi-Gong Sessions Youtube Playlist

RESOURCES

Click the images and hyperlink text to access and review the following event details and resources:



Scan the QR code to visit the EASE website

How to Honor the Season

- Incorporate the autumn transition into your own mental wellness or journaling practice through the metaphor of "composting." Encourage reflection on what is serving you well and what you are ready to "compost" or release (e.g., rigid perfectionism, a past mistake).
- Use a simple **Five Senses Fall Scavenger Hunt** to anchor your mind into the present. Pause to list things that you see, hear, or feel in the crisp autumn air.
- Acknowledge the intergenerational resilience and unique mental health landscape of Native youth. Organizations like **StrongHearts Native Helpline** offer insight into how traditional wellness, daily walking prayers, and ancestral grounding practices can support holistic healing.

National Homeless Youth Awareness Month

- Homeless Education Technical Assistance Center (HETAC) - **Resource Toolkit**
- LACOE Homeless Education Program (HEP) - **Resource Page**
- National Child Traumatic Stress Network (NCTSN) - **Psychological First Aid for Youth Experiencing Homelessness Guide**
- National Center for Homeless Education (NCHE) - **Addressing Chronic Absenteeism Among Child and Youth Experiencing Homelessness Webinar**

Crisis Lines

- **California Youth Crisis Line** 800- 843 - 5200
- **1800 Runaway** - Youth Crisis Support and Connection
- **Trevor Project Lifeline** - 24/7 Crisis Support for LGBTQ+ Youth
- **988 Lifeline** - 24/7 Crisis Support

Emergency Shelters and Drop-in Centers

- **Covenant House**
- **Youth Emerging Stronger**
- **The Villages Family Services**

