

Connect with EASE

Your partner in wellness,
all year long.

✳ EASE has professional counselors available. Call 1-800-882-1341 for 24/7 assistance. ✳ www.lacoe.edu/ease

*Employee
Assistance
Service for
Education*

Overview:

Message From EASE

Article: *October Spotlight:
Domestic Violence
Awareness Month*

Free/Low-Cost Events

Awareness Days

Workshops & Resources

**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

Hello October! As we enter a season of change marked by shorter days, it is a good time to pause and check in with ourselves and those around us. October is also **Domestic Violence Awareness Month**, a reminder that safety and stability at home aren't always guaranteed for everyone in our school communities. Awareness itself can be a quiet form of support; sometimes noticing is the first step toward helping.

Fall also brings one of the busiest stretches of the school year. Progress reports, deadlines, and full calendars can make it easy to move from task to task without stopping to notice how we, or those around us, are truly doing. When we slow down enough to check in with ourselves, we also become more likely to notice when a student, colleague, or friend is struggling. A deep breath before a meeting, a genuine "how are you, really?" to a colleague, or simply naming how we're feeling can open space for connection and support.

This month also brings opportunities to reflect and connect, from **Domestic Violence Awareness Month** to **National Bullying Prevention Month**, alongside wellness workshops designed to nurture care within our school communities. We invite you to explore these resources and consider how EASE can support you this season. Let's commit to a culture where paying attention to one another and to ourselves is essential to how we teach, lead, and thrive.

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



October Spotlight: Domestic Violence Awareness Month

As the air begins to shift and the season turns toward autumn, we also turn our attention to something quieter and often harder to name: **Domestic Violence (DV) and Intimate Partner Violence (IPV) Awareness Month**. October offers a time to pause, acknowledge survivors, and hold space for a topic that touches far more lives than we realize. DV/IPV reaches all of our communities, regardless of age, socio-economic status, sexual orientation, gender, race, religion, or nationality. More so, it rarely stays contained to just two people. The effects ripple through many living under the same roof, often leaving a quiet imprint on children's emotional well-being and their ability to thrive socially and academically.

1 in 3 women and 1 in 4 men will experience physical violence by an intimate partner in their lifetime.

Someone in your life, perhaps a student, a colleague, or a friend, has encountered this lived experience, whether or not they've said so aloud. For those who spend their days guiding, supporting, and caring for others, it's easy to overlook the quieter signs presented by a student, a coworker, or even ourselves. Between full schedules, limited time, and heavy emotional labor, something as complex as abuse can go unnoticed. However, recognizing the signs doesn't require expertise; rather, it starts with awareness and knowing where to turn.

Consider incorporating the following this month:

- Review the [Power and Control Wheel](#), a tool that explains the patterns of dominance and control that underlie abuse
- Familiarize yourself with the [warning signs of abuse](#), so you can learn to recognize them in any relationship
- If there is someone in your life you've been quietly worried about, offer a gentle check-in. Don't worry about having the right words or needing to fix anything; just your presence is enough.
- Keep the National Domestic Violence Hotline as a resource and think about if you were the one who needed support. Do you know where you'd turn? (See further details on the resource page below).

Recently, the Hotline answered its 8-millionth call from a mother who found the courage to leave an abusive relationship. That single call carries the weight of three decades of support, reflecting an honest yet difficult truth: the need for these services keeps growing. From emotional, physical, financial, and even technology-facilitated harm, abuse can look like many things. The call advocate put it simply: *making a difference, even if it's not in everybody's life, matters in somebody's life*. You can read more in the Hotline's [8 Million Moments of Hope](#) campaign.

Awareness isn't about having every answer, but noticing, staying present, and knowing support is always within reach. As the season turns and the days grow shorter, let this month remind us that safety and softness can exist in the same breath. At EASE, we understand the weight this topic can carry, for the survivor navigating their own path, the colleague quietly worried about a friend, or the educator who carries these stories alongside their students. Take space, and make space, to check in with yourself and with those around you. You don't have to carry it alone, and you don't need all the answers to reach out. We are here to listen, without judgment, whenever you're ready to talk.

— 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, 8 a.m. - 4:30 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:

October Awareness Days

- **Month-Long Celebrations:** [Filipino American History Month](#), [Head Start Awareness Month](#), [National Disability Employment Awareness Month](#), [National Dropout Prevention Month](#), [National Bullying Prevention Month](#), [Breast Cancer Awareness Month](#), [Cybersecurity Awareness Month](#)
- **Oct 2:** [National Custodian Day](#)
- **Oct 5:** [National Child Health Day](#)
- **Oct 6:** [Clean Air Day](#)
- **Oct 11:** [National Coming Out Day](#)
- **Oct 12-18:** [Week of the School Administrator](#)
- **Oct 15:** [Spirit Day](#)
- **Oct 18-24:** [United Against Hate Week](#)
- **Oct 19-23:** [Digital Citizenship Week](#)
- **Oct 25:** [Larry Itliong Day](#)



Low/Free Cost Activities

- **Month-Long Events:** [Gloria Molina Grand Park's Wellness Break](#), [Bob Baker Marionette Theater Halloween Spooktacular](#)
- **Oct 1-4:** [Los Angeles Korean Festival](#)
- **Oct 2-4:** [FilAm Creative Film Festival - Cal State LA](#)
- **Oct 3:** [Green Meadows Fall Resource Fair](#)
- **Oct 3:** [Black Education Expo - Pasadena Convention Center](#)
- **Oct 3:** [LA Nature Quest - Griffith Park](#)
- **Oct 10:** [SGV Clean Air and Water Fair](#)
- **Oct 10:** [Culver City Arts Fest](#)
- **Oct 10:** [Con Amor a Los Angeles](#)
- **Oct 11:** [Indigenous Pride LA](#)
- **Oct 11:** [CicLAvia - Heart of LA](#)
- **Oct 17:** [ICAN Inclusive Halloween Festival](#)
- **Oct 24:** [Día de los Muertos - Grand Park](#)
- **Oct 25:** [California Hanbok Day - Korean Cultural Center](#)



WORKSHOPS

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

EASE MENTAL HEALTH & WELL-BEING WORKSHOPS: 2026-2027

EASE is proud to bring you a special series of experiential online wellness workshop designed specifically for educators and all school employees. These sessions offer practical tools to support your mental well-being.

Free and exclusive for EASE Member Organization employees
Live virtual sessions + access to recordings for flexible viewing

CALENDAR:

• Understanding Mental Health	9/9/26
• Supporting Mental Wellness	9/23/26
• Confident Communication	10/21/26
• The Regulated Parent	11/4/26
• Meet Your Nervous System	12/9/26
• Boundaries: Where to Draw the Line	1/20/27
• How Attachment Styles Shape our Relationships #1	2/10/27
• How Attachment Styles Shape our Relationships #2	2/24/27
• A Sounder Sleep	3/17/27
• Emotional Processing through Artistic Expression	4/21/27
• Getting out of Fight or Flight	5/12/27
• Accepting Imperfection on the Self-Care Journey	6/2/27

[Sign Up](#)





Find Your BALANCE

MOVEMENT & WELLNESS SERIES WITH EASE

2026-27 CLASS SCHEDULE

GENTLE YOGA Mindful movement and breathwork to support flexibility, strength, and nervous system regulation.	TAI CHI / QI -GONG Slow, flowing movement practice that improves balance, coordination, and mental focus.
2026- 9/2, 10/14, 11/4, 12/2 2027- 1/13, 2/3, 3/10, 4/14, 5/5	2026- 9/23, 10/28, 11/18, 12/16 2027- 1/27, 2/17, 3/17, 4/28, 5/12
WHEN / WHERE Wellness Wednesdays, 4-5 p.m. Remote participation Live on Zoom	REGISTRATION Free of charge for EASE member districts. Registration required.



[sign up here!](#)


REGISTER NOW >



Interactive Workshop for Employees

Confident Communication

Speak with Confidence. Connect with Purpose.

Many interpersonal conflicts are not caused by bad intentions—they result from misunderstandings, emotional reactivity, unclear expectations, and ineffective communication. Confident Communication teaches participants practical communication skills that improve collaboration, reduce conflict, and strengthen relationships with students, families, colleagues, and community partners. Participants learn how stress affects communication, why conversations break down, and how to communicate with greater clarity, confidence, and emotional intelligence. Participants will learn to:

- Communicate more effectively during challenging conversations.
- Reduce misunderstandings through active listening.
- Respond rather than react during emotionally charged interactions.
- Strengthen professional relationships through intentional communication.

Your health and well-being matter to EASE.
Free for employees of EASE member organizations.
Registration is required to attend and receive the workshop recording.
Questions? Contact EASE at 562-922-6683 or ease@lacoed.edu

[Sign Up](#)


OCT 21, 2026
3-4 P.M. ONLINE
Session Duration: 60 minutes



EASE: Gentle Yoga

by LACOE

Playlist • 5 videos • 12 views

EASE provides counseling, phone consultations, and resources. In addition, EASE offers wellness service ...more

[Play all](#)






EASE: Tai Chi-Qi Gong

by LACOE

Playlist • 5 videos • 7 views

EASE provides counseling, phone consultations, and resources. In addition, EASE offers wellness service ...more

[Play all](#)




REGISTER NOW

RESOURCES

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

EASE IS AVAILABLE



HOW TO CONTACT EASE

1

2

3

4

SCAN QR CODE FOR WEBSITE

CALL THE OFFICE
562-922-6683

EMAIL US
ease@lacoee.edu

CALL THE EASE 24/7 HOTLINE

EASE Hotline: 1-800-882-1341

Select "1" for EASE office
Select "2" to speak with a Counselor



DV/IPV Hotlines

National Domestic Violence Hotline

Call, chat, or text

Free, Confidential, and 24/7 Support

Call: 1-800-799-SAFE (7233)

Text 'START' to 88788

Los Angeles Rape and Battering Hotline

Free. Confidential and 24/7 Support

Call: 626-793-3385

National Sexual Assault Hotline

Call 800.656.HOPE (4673)

Free, Confidential, 24/7 Support

Local Organizations

East Los Angeles Women's Center

ELAWC offers a variety of services for the community, such as housing resources, DV and sexual assault services, and youth services.

Peace Over Violence

POV provides case management services, free therapy programs for survivors, and community education. Advocate training is also available, and you can volunteer if interested.

Domestic Violence Shelters

Use 211LA to find a shelter near you. Facilities vary depending on factors such as the number of children, length of stay, etc.