

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

