

## Teaching During Covid-19: I did *not* sign up for this.

We all know that teaching can already feel like an impossible job. You're expected to be a counselor, a nurse, a caregiver, and then, of course, teach. However, in these "unprecedented times", as they have come to be known, working in a school has become an even more daunting task.

Feeling overwhelmed about the new school year?  
Need a trusted place to come and discuss your frustrations outside of the staff meetings?  
Struggling to cope with juggling your work now that it is enmeshed into your home life?



Come join us to find a safe space to air your concerns while learning how to focus on self-care. This group will be mediated by licensed graduate therapist and former school counselor, Amber Young. We will meet for 6 weeks, with an option to continue longer if the group would like. Open to ALL educators.

**When:**

Friday September 18<sup>th</sup>  
-Friday October 23<sup>rd</sup>,  
4:30-5:30 PM

**Where:**

Virtually, from the  
comfort of wherever  
you are.

**Cost:**

Discounted group rate  
\$40, plus \$190 intake.

Contact: [amber@yourbestselftherapy.com](mailto:amber@yourbestselftherapy.com)

We must first give to ourselves in order to give to others.

