



The Project for Mental Health and Optimal Development Presents:

Building Your Mental Health Toolbox:

Introducing Stress and Anxiety Management for Students and Staff

Tuesday, October 22, 2024

9am-2pm

University of Pennsylvania - 3440 Market St

What you will learn

This workshop will engage educators in developing plans/programs that include evidenced-based strategies to manage stress and anxiety for their students and themselves.

Resources Provided

Each participant will receive the Stress and Anxiety Toolkit that includes current research, techniques, classroom strategies and links to additional resources related to stress & anxiety management.

Future Workshops

Content from other toolkits will be shared. Future workshops on these toolkits will include:

- Trauma-Informed Practices
- Creating a Culture of Belonging
- Commitment to Mental Health & Optimal Development for Students
- Commitment to Mental Health & Optimal Development for Educators

COST:

\$300 per person
\$270 per person for a team of 4 or more

