

School district employees everywhere are struggling with feelings of anxiety, exhaustion and overwhelm. We crave time and space to reconnect with ourselves, our purpose, and our path forward.

If you feel this way too, EAS is offering support.



E.A.S.E. Group

Employee Assistance Support and Empowerment

At EAS, we want to support you in sustaining greater emotional health in this vitally important, utterly exhausting, profoundly rewarding career. We will draw on evidenced-based strategies to navigate the day-to-day social-emotional dynamics in Pre-K-12 education. Each week we will learn a new strategy and gain a tool for fostering well-being, resilience, and hope. Join us as we explore such topics as the stress cycle, anxiety, radical acceptance, mindfulness, meaning, self-compassion, and curiosity.

*Please note, this is a facilitated psycho-education group, not a therapy group.

2024 - 2025 Groups held Wednesdays, 5-6 p.m.

- Free! Available to all PSD employees
 - Sign-up through Professional Development
 - Groups will meet in the EAS conference room at 2850 McClelland Drive
 - Questions? Give us a call!
- Group 1: October 9th – November 13th
 - Group 2: February 5th – March 12th
 - Group 3: March 26th -April 30th
(No meeting during Spring Break)

Contact Us:

 **970-488-4925**

 **EAS@psdschools.org**

 **2850 McClelland Drive, Fort Collins**