

MAINE SUPPORT NETWORK

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please email office@mainesupportnetwork.org or call (207) 685-3171.*

Teacher Well-Being: Keeping Resilient!

February 2, 2010 (Registration Deadline: January 26, 2010)

4:00 - 7:00 p.m. (Registration time: 3:30 p.m.)

Bangor High School, Cafeteria

Join your colleagues in a learning session that explores the concepts, techniques, resiliency factors, and exercises that enhance optimism, decrease stressors, and significantly increase well-being, both in and out of the classroom. The format of the learning will be experiential and interactive. Discussion will include questions such as these: Does building resiliency have a place in the classroom? What kind of "adversity" affects your student's lives? How does it influence learning? A great topic to explore in these times of change!

By the end of the workshop you will be able to:

- ♥ Identify your strengths and learn strategies to increase a sense of well-being in the classroom.
- ♥ Learn how to assist students in identifying their strengths.
- ♥ Expand your understanding of resiliency factors and how to use them.
- ♥ Learn how to increase feelings of resiliency by using the ABC model.
- ♥ Learn relaxation techniques that promote calm and a sense of well-being.
- ♥ Explore new ways of responding to adversity, negative emotions, and long-held beliefs.

Presenter: Vauna Haza is a licensed clinical social worker, as well as an adjunct professor at Husson University and the University of Maine, teaching sociology, psychology, and counselor education courses. She has been in private practice as a psychotherapist in the Bangor area for the past ten years and has also worked as a therapist for adolescents and families in residential treatment centers. She is currently finishing her doctoral studies in counselor education and is concentrating on teacher and student well-being.

Workshop fee of \$65.00 includes hearty snacks, dinner, and handouts. Discounts available: You will receive a \$5.00 discount for registering online using C-vent. Our cancellation policy is 72 hours prior to the event. You will be expected to pay if you do not attend and cannot provide printed confirmation of your cancellation. If you are a full-time student enrolled in an education degree program, contact us about additional discounts.

Three Clock Hours will be awarded.

Co-sponsors: Maine Support Network and the Maine Chapter of the Council for Exceptional Children.

On-site facilitator: Alcinda Hall, Penobscot Regional Facilitator.

This workshop is designed for all educators.

Location: Bangor High School, 885 Broadway, Bangor, ME 04401



KATHRYN F. MARKOVCHICK, EXECUTIVE DIRECTOR

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www.mainesupportnetwork.org

CELEBRATING AND SUPPORTING MAINE LEARNING COMMUNITIES

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NOTICE: Please read our workshop registration policy on our website at www.mainesupportnetwork.org/paymentpolicy.htm before completing this registration form. Receipt of your registration will be considered confirmation that you agree to adhere to our registration and cancellation policies as posted on our website. Feel free to call the Network office at 207 685-3171 with any questions.

Please fill in the form below completely.

Participant Name: _____

School District: _____ School Name: _____

Home Address: _____

School Phone: _____ Home Phone: _____ Grade Level: _____

Position: _____ Email address: _____

Confirmations and cancellations will be made by email so please print address clearly.

Cash: _____ Check No: _____ PO: _____

Visa _____ MC _____ CC# _____

Expiration: _____ Signature: _____

Register online at <http://calendar.mainesupportnetwork.org>, (\$5.00 discount applied), fax to (207) 226-2300, or mail the attached registration form with payment to: Maine Support Network - P.O. Box 390 - Readfield, Maine 04355. Email office@mainesupportnetwork.org, or call 207 685-3171 with questions.

The Network provides reasonable accommodations to individuals with disabilities upon request. The Maine Support Network does not discriminate on the grounds of race, color, religion, sex, sexual orientation, national origin or citizenship status, age, disability, or veteran status in employment or education. Pursuant to the Americans with Disabilities Act, if you require any specific aids or services, or material in a different format, please email office@mainesupportnetwork.org with special considerations requests