

2nd Annual EDUCATOR WELLNESS CONFERENCE AGENDA

 April 28, 2022 ||  9am - 3pm ||  Virtual - MS Teams

	 TRACK 1 Self-care for Educators Join Now >	 TRACK 2 Educators Supporting Youth Join Now >
9:00-9:50 am	Cultivating Optimism	Addressing the Unique Mental Health Needs of LGBTQ+ Youth
10:00-10:50 am	Stress: Friend or Foe?	Restorative Practices
11:00-11:50 am	Burnout: Interactive Rhythm Experiment	Anxiety Society
12:00-12:50 pm	Filling Your Cup	Project Safe Neighborhoods
1:00-1:50 pm	Yoga and Mindfulness	Stronger Than Stigma
2:00-2:50 pm	Breaking the Silence, Let's Talk About Suicide	
Teams URL	Tinyurl.com/DCPS22Track1	Tinyurl.com/DCPS22Track2