

Teachers Self Care Group

<http://www.bodhitreemhc.com>

Join us in our weekly Nyack group for educators. This space is designed specifically for teachers seeking balance and well being amidst the demands of the profession.

In a warm, supportive environment, participants engage in guided discussions, mindfulness exercises and creative activities that promote relaxation and reflection. We address the unique challenges educators face - from classroom dynamics to workload stress - and empower each other to prioritize all forms of self care.

Join us to connect with fellow educators, rediscover your passion for teaching, and cultivate a sustainable self-care routine.



For more information, please contact: donna@bodhitreemhc.com

Donna Dietz is a mental health counselor with Bodhi Tree Mental Health Counseling.. Donna also works in an alternative high school that provides mental health services to its students who require supplemental social, emotional and learning services. She advocates for group counseling and can attest to the benefits of peer support within in the therapeutic setting. Her own experience in a support group gifted her with invaluable connections and insight.

