

Teacher's Self-Care Group

Join us in our weekly Nyack group for educators! This is a space designed specifically for teachers seeking balance and well-being amidst the demands of the profession. Our group meets regularly to foster camaraderie, share experiences, and explore effective self-care strategies.

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. Together, let's transform stress into strength and ensure that your well-being remains a top priority!

For more information, please contact donna@bodhitreemhc.com

self-care
routine



Bodhi Tree
Mental Health Counseling

