

E.A.S.E.

(EMPLOYEE ASSISTANCE SUPPORT AND EMPOWERMENT)

GROUP

IS STARTING BACK UP!

WHEN

October 8, 2025
5-6pm

WHERE

**Employee Assistance
Services**

New Address!

3350 Eastbrook Drive, Suite 200
Fort Collins CO 80525
Phone: 970-488-4925

Register in the Professional Development Catalog
For FREE or pay for credits



2025-26 SCHOOL YEAR SCHEDULE:

**Each Wednesday for
six weeks, 5-6pm.**
**Attend one of the
following sessions:**

#1 Oct 8-Nov 12
#2 Jan 21-Feb 25
#3 March 25-April 29

Description:

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 pathway forward. Our well-being is essential to this work. 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 evidence-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 8 Dimensions of Wellness, the Stress Cycle, Radical Acceptance, Empathic Fatigue, Mindfulness, Self-Compassion and more.