



## Employee Assistance Support and Empowerment (EASE)

**What:** An Optional 6-Week Group for All District Employees

**When:** Wednesdays, 5pm - 6pm  
February – May 2023  
Two group options:  
February 22-April 5 or April 12-May 17  
(No meeting on March 15)

**Where:** EAS Conference Room (In-Person)  
2850 McClelland Drive  
Fort Collins, CO 80525

**Instructions:**

Sign up for Course **#18679** in the Professional Development Catalog  
Questions? Call or email EAS  
Phone: 970-488-4925  
Email: [EAS@psdschools.org](mailto:EAS@psdschools.org)  
Cost: Free or \$15 for 6 Credits

**Description:**

Educators and 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, humanizing career. We will draw on evidenced-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 stress cycle, gratitude, optimism, mindfulness, forgiveness, meaning, self-compassion and curiosity.

\*Please note, this is a facilitated psychoeducation group, not a therapy group.