

Virtual Support Group: Teachers!



Teachers have always been important, but you are ESPECIALLY critical now, during these uncertain times. You may be feeling anxious about going to school, worried about creating meaningful connections with students through masks or via technology, overloaded by all of the extra work of teaching both in-person and online, and frightened at the prospect of risking your own – or your family’s – health. Join a small group of your peers, led by an experienced psychotherapist, to learn coping skills and support one another through the pandemic.

Cost: \$50/session (sliding scale available)

Day/Time: TBD

Facilitator: Kristen Berglund*, Licensed Professional Counselor (LPC)

*Kristen comes from a family of teachers and has worked as a psychotherapist for over 11 years. She has run a successful women’s group since 2013.

Contact: Kristen_Berglund@att.net for more information and to register for the group.

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