



New Teacher Academy



HISD NEW TEACHER ACADEMY

Educator Self-Care

Date	Tuesday, March 18, 2025
Time	4 p.m. to 7 p.m., dinner included
Location	Huron Intermediate School District Administrative Offices 1299 S. Thomas Road, Bad Axe, MI 48413
Cost	Includes materials, lunch, and refreshments. \$ 15 for educators in Huron schools \$ 35 for out-of-county educators.
Credit	3 State Continuing Education Clock Hours (SCECH) pending approval
Stipend	No Stipends are available from HISD for this session; contact your principal prior to registering to ask if a stipend is available from your district.
Presenter	Jackie Callender, LMSW
Audience	Specifically targeted to 1st year teachers, this training is also applicable to all probationary teachers and/or teachers on an alternate path to certification.
Description	Professionals working in the school system have inherently stressful and emotionally demanding roles. This training will provide information on mental wellness and burnout and assist participants in developing an individualized self-care plan to improve and maintain mental health and resiliency. Participants will learn about evidence-based strategies including techniques to calm physical stress responses, cognitive strategies for healthy thinking patterns, and skills for improving interpersonal effectiveness and self-efficacy.
Registration	Deadline to register is Tuesday, March 11, 2025. Register online at www.huronisd.org Professional Development link. Checks payable to Huron ISD or pay online with a credit card.
Questions	Contact Amanda Sulkowski at (989) 269-6406 or asulkowski@huronisd.org with registration questions. Contact Jackie at jcallender@huronisd.org regarding content.

*Federal funds not used for meal costs