



HISD Summer 2024 Professional Development

Self-Care for Educators

Date(s)	July 17, 2024
Time	8:00am to 3:00pm, meal included
Location	Huron Intermediate School District Administrative Offices 1299 S. Thomas Road, Bad Axe, MI 48413
Cost	Includes materials and refreshments \$10 for educators in Huron schools. \$50 for out-of-county educators.
Credit	6 State Continuing Education Clock Hours (SCECH) pending approval. 6 CE's for SWs 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(s)	Jackie Callender, LMSW
Audience	PreK-Gr 12 Teachers, Administrators, Paraprofessionals, Social Workers, New Teachers, and other school employees.
Description	Expanding from Chase Mielke's workshop on burnout and his 5 Ds of Destressing, this training will review evidence-based self-regulation strategies, cognitive techniques, and practical skills for self-efficacy to help manage stress. These strategies will also be connected with CASEL's core social-emotional competencies to tie in with classroom SEL learning objectives.
Registration	Deadline to register is July 10, 2024. 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 with registration questions. Contact Jackie Callender at jcallender@huronisd.org regarding content.

*Federal funds not used for meal costs