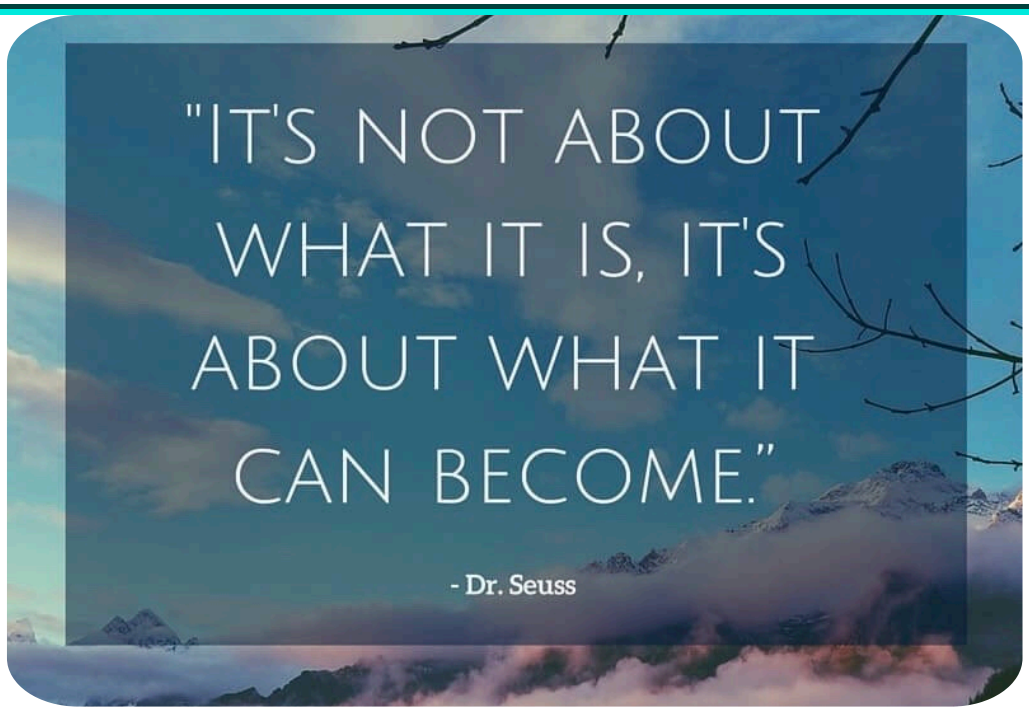
W.R.D.S.B. EDUCATIONAL ASSISTANTS ASSOCIATION

eUpdate

The Latest Information to Keep YOU Informed



On behalf of the EAA Executive, I would like to take this opportunity to express our sincere gratitude for all that you do for students and staff to ensure they are safe, healthy and supported. It is also important to remember to save space for yourself, especially during these extraordinary times.

If you need any support or have any questions, please reach out to one of us through our website www.wrdsbeaa.com

There was an overwhelming response to the mindfulness workshop on our PD Day. We are pleased to offer an additional "Being the Calm" virtual session facilitated by Carla Waites on Thursday October, 22nd. Details are below. Please note,this workshop will be the same content that was offered on Sept 2nd. Register now as space is limited.

I wish you all the very best in everything as you deserve no less!

~Donna Jeske
Wellness Officer - EAA



Being the Calm

Virtual Workshop

Thursday, October 22nd
7-8pm

What your colleagues had to say:

"...enjoyable, helped to reduce the stress, anxiety and being so overwhelmed..."

"...gave us hope and inspiration to build connections with our students and hopefully lead through an empathetic lense."

Join Carla Waites and discover how to be a centre of calm in the midst of uncertainty and storm, for yourself and for others.

Explore practices that will enhance your capacity " to be with" and to manage the unpleasant while also deepening your capacity "to take in" and savour the pleasant. Learn how to lessen anxiety, worries and manage stressors.

All of these above practices and strategies are built upon the current neuroscience and mindfulness research as presented by Dr. Kristin.Neff, Dr. S. Shapiro, Dr. Rick Hanson, and John Kabat-Zinn and others.

Exclusively for EAA members.

To register, click the eventbrite link below.
https://www.eventbrite.ca/e/being-the-calm-tickets-125369063243

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