

Develop Your Educator Self-Care Plan

1 Act 48 hour

When focused on meeting the needs of your students, educators can sometimes find themselves with a work-life imbalance. This hands-on session provides educators with the time and space to focus on their areas of strength and growth related to the five domains of self-care: physical, psychological, emotional, relational, and professional. Then participants use those reflections to design a realistic and manageable self-care plan and network with PSEA siblings that can serve as self-care buddies along the way.

Please bring a cell phone or laptop with you to this event.

October 22, 2025
at 5:00pm

Narcisi Winery
4578 Gibsonia Road
Gibsonia, PA 15044

A light dinner will be provided

Click [HERE](#) to register or scan code
Register by October 7th, 2025

