



**CALM at School**  
**For Teachers, Administrators and Staff**  
**Join us for new classes and workshops each week with CALM therapists!**

**Mindful Moments for School Staff.**

**Weekly 15-minute mindfulness held on**

**Wednesdays at 8:00 a.m. in April**

Zoom Meeting ID: 195 892 231

Instructors – Sierra Smargon, LMFT and  
Jennifer Mundy, LMFT

*Join CALM therapists Sierra and Jennifer for morning mindfulness to help you get your day started on the right foot.*

**Elementary Teacher Support Group**

**Tuesdays in April from 3:00-4:00 p.m.**

Facilitator – Jennifer Mundy, LMFT

*Join Jennifer for a weekly support group for teachers to talk about the challenges of the digital classroom, balancing work and home life and managing anxiety related to COVID-19.*

*\*This group is limited to 10 people, please email Jennifer to sign up at [jmundy@calm4kids.org](mailto:jmundy@calm4kids.org)*

**Preschool Director Reflective Practice**

**Tuesdays in April from 4:30-5:30pm**

Facilitator - Jennifer Mundy, LMFT

*Join Jennifer for reflective practice in support of directors who are supporting children, families and staff.*

*\*This group is limited to 10 people, please email Jennifer to sign up at [jmundy@calm4kids.org](mailto:jmundy@calm4kids.org)*

**Early Education Teacher Support Group**

**Mondays in April at 3:00pm**

Instructor: Megan Miller, LCSW

This group will provide a space for teachers to discuss recent changes in their teaching styles, digital challenges, grief over sudden end to face-to-face education, how to best support students and families remotely, and any other topic you would like to discuss.

*\*This group is limited to 10 participants, please email Megan to sign up at [mmiller@calm4kids.org](mailto:mmiller@calm4kids.org)*

**15 Minute Morning Stretch!**

**Thursdays at 8:30 am**

**New Later Time!!!**

Zoom Meeting ID: 184 467 259

Instructor – Mark Mundy

*Join Professional Dancer, Mark Mundy for 15 minutes of stretching specifically targeted to support teachers and administrators working on computers!*