

S A A N Y S

CONNECT

#15 THURSDAY, NOVEMBER 12, 2020 | 4 PM

TOPIC

Reducing Stress and Anxiety in the School Setting for School Leaders: Part Two

Supporting Teachers and Other Members of Your School Communities

This discussion will continue the conversation we began on October 29, with more of an emphasis on specific strategies to reduce the stress and anxiety teachers and other members of your school communities, including yourself, are experiencing during this challenging and unpredictable year. We will look at strategies being used in NYS schools now to promote staff wellness, including circle models, virtual wellness fairs, resiliency activities, and mentoring options. Panelists will share resources that you can use immediately in your own school setting.

Featuring:

Amy Molloy, MSW, M.Ed. project director, Mental Health Association
in New York State, Inc. (MHANYS)

Theresa McSweeney and Heather Adams, assistants in research and educational services,
New York State United Teachers (NYSUT)

Lura L. Lunkenheimer, EdD, president and CEO of Peaceful Schools

Joseph Fantigrossi, EdD, vice president of development,
Family Counseling Service of the Finger Lakes

Moderated by Karen Bronson, SAANYS

Recordings of past SAANYS Connect panels are available at www.saanys.org.

- **50-minute panel conversations** on current and rapidly evolving topics.
- Each panel conversation consists of **guest experts and SAANYS members**. The focus is on sharing experiences and providing you with expertise, resources, and tools you can use now and as our current environment evolves.
- **FREE to SAANYS members and non-members**



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REGISTRATION LINK

<https://bit.ly/3kXTQ1y>

Zoom link is sent from Christine Foglia prior to event. If you do not receive it by noon on day of event contact her at cfoglia@saanys.org.

follow the conversation at **#SAANYSconnect**