



Building a Culture of Resilience

February 4, 11, 25, 2019 from 4:00 pm-7:00pm

This workshop introduces and defines “resilience” and how to promote it in the classroom. We delve into what builds resilience and specific ways of introducing it as a complement to any curriculum. Skills and topics we cover include: mindfulness, grit-priming techniques, and listening skills for teachers and administrators. Participants will come away with an enhanced understanding of what resilience means and practical techniques for inculcating it in their classrooms and school cultures.

When: February 4, 11, 25, 2019

Where: W.S. BOCES Conference Center, 31 Lee Avenue, Wheatley Heights

When: 4:00pm-7:00pm

Cost: FREE to Suffolk's Edge Teacher members (Amityville, Babylon, Bay Shore, Copiague, Deer Park, Elwood, Half Hollow Hills, Harborfields, Kings Park, Northport/E. Northport, West Babylon, DRVC, W.S. BOCES)

Registration: Log onto wsboces.org/webreg type SETC in search box and scroll down to the workshop you would like to register for.

If you have any questions please contact
Suffolk's Edge Teacher Center

Phone: 631-254-0107 or email: tdenicol@wsboces.org

