Teachers and support staff across Michigan are experiencing burnout and emotional exhaustion—while at the same time, needing to offer more emotional support to students and families than ever before. To help them through these challenging times, Stay Well offers these two educational webinars.

1. **Psychological First Aid: Supporting students during a pandemic**

   Take an in-depth look at this behavioral health intervention model that can be used to support students and create a calmer classroom. In this training webinar, you will learn:
   
   - How to recognize emotional, physiological, and behavioral signs of distress in students
   - Why Psychological First Aid (PFA) works
   - How to apply the “Listen, Protect, Connect” model of PFA

   **Tuesday, April 26, 2022 / 4:00 to 5:00 pm /**  
   **Register:** [https://us06web.zoom.us/webinar/register/WN_01ILEzT-QFml05zdW7WGdQ](https://us06web.zoom.us/webinar/register/WN_01ILEzT-QFml05zdW7WGdQ)

2. **Burnout in the classroom: coping tips for teachers and school staff**

   Is it hard to remember the last time you felt relaxed and upbeat at work? Professional burnout is real—and this webinar will help you understand it. You will learn:
   
   - How to recognize and address normal symptoms of emotional distress
   - Practical ways to reduce the symptoms of burnout
   - How to get free, confidential emotional support when you need it
   - Where to find helpful brochures, videos, and other support services

   **Thursday, April 28, 2022 / 4:00 to 5:00 pm /**  
   **Register:** [https://us06web.zoom.us/webinar/register/WN_ziCAprldRtCx0KH9_aXKGg](https://us06web.zoom.us/webinar/register/WN_ziCAprldRtCx0KH9_aXKGg)

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**PRESENTER:**  
**Stephanie Schweda**, LMSW, CAADC, Stay Well Outreach Specialist.  
As a fully licensed Master of Social Work, Stephanie Schweda has worked in a professional capacity with families and youth for the past seven years. She is currently the Student Support Advisor at da Vinci Institute High School in Jackson, Michigan. Stephanie earned a Trauma Focused-Cognitive Behavioral Therapy (TF-CBT) certificate along with bachelor’s and master’s degrees in Social Work from Michigan State University.