

Joy and Wellness Training
May 14, 2024

Presentation Slides: [Here](#)

Presentation Recording: [Here](#)

Brought to you by:

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Please complete this evaluation of the webinar, and we appreciate your feedback and ideas for future topics.

- Access the Evaluation Survey [here](#).

Additional Resources:

- [Building a Self-Care Plan](#)
- [Burnout Self-Test](#)
- [The Trauma Stewardship Institute's Tiny Survival Guide](#)
- [Progressive Muscle Relaxation](#)
- [LAUSD Staff Wellness and Self-Care](#)
- 988 Suicide & Crisis Lifeline 24/7 Call, Text, Chat. Text 988 ; Chat at 988lifeline.org ; Call 988 or 800-273-8255
- Early Childhood Mental Health Consultation Line 213-443-0165 for consultation, support and referrals for birth-6. Weekdays 8am-4:30pm.
- Student and Family Wellness Hotline, 213-241-3840 for consultation, support and referrals, Monday-Friday, 8-4:30 pm