

# ENSURING YOU AND YOUR STAFF ARE AT YOUR BEST TO BE THE BEST FRIDAY, APRIL 26, 2019

## SELF-CARE IS NOT SELFISH!

Before and After-School Professionals can't be there in their fullest capacity to work with and teach kids if they're not in their fullest capacity themselves. Self-care allows staff to give their kids the focus and energy they deserve. Without intentional practices of stress relief and self-care, the burn out rates of staff are higher, and programs suffer. Together, we will discuss positive strategies for stress management, self-care and creating a culture of support, recognition and appreciation for all levels of staff.

**PRESENTER:** Lori A. Hoffner with Supporting CommUnity, Inc.

**TIME:** 10:00 - 11:30 AM

**LOCATION:** Peak Community & Wellness Center,  
6612 S. Ward St., Littleton, CO 80127

*Virtual participation will be available to a limited number of participants on a first come, first serve basis.*

**REGISTER:** Peak Community & Wellness Center,  
6612 S. Ward St., Littleton, CO 80127



**CO-HOST:**



**COLORADO**  
Department of Education



The event is offered as part of  
Afterschool Professionals Appreciation Week