

backpack™

Educator Wellness & Connection Series

Because Educators Deserve Care Too: Free Wellness Workshops for Educators

Presented by Backpack Healthcare

In partnership with the Maryland Community Health Resources Commission (CHRC)



Overview

About Backpack Healthcare

Backpack Healthcare is a leading provider of school-based and virtual mental health services dedicated to improving access, reducing stigma, and promoting emotional wellness among youth and families.

Our mission is simple: to make mental health support as accessible and essential as a student's backpack—something they can carry with them wherever they go.

In partnership with the Community Health Resources Commission (CHRC) and local school districts, Backpack Healthcare delivers comprehensive behavioral health services at no cost to schools, students, or families. By removing financial and logistical barriers, we ensure that every student can receive the care they need—right where they are.

Our Commitment to Educators and Administrators

We partner closely with school leaders, counselors, and staff to tailor every workshop to the specific needs of your district. Whether it's managing conflict, fostering trauma-sensitive classrooms, or building educator resilience, our goal is to equip staff with actionable tools they can use immediately—all while fostering a culture of mental health awareness and compassion.

At Backpack Healthcare, we're not just teaching strategies—we're helping schools build sustainable systems of care that support both educators and students alike.

For more information about Backpack Healthcare, please visit: <https://hellobackpack.com/>



Overview

What is the Educator Wellness & Connection Series?

Educators give so much of themselves — their time, creativity, and compassion — to the students and families they serve. This series was designed to give something meaningful back to you. Each workshop offers a space to pause, breathe, and reflect. You'll step away from the day-to-day rush to reconnect with your sense of purpose and rediscover what makes your work so impactful. These sessions are not just professional development — they're an investment in your wellbeing, resilience, and continued growth as an educator and leader.

Through the Educator Wellness & Connection Series, you'll:

- Recharge your energy with tools that fit your real life — practical strategies you can use right away.
- Connect with peers across the county who share the same challenges and commitment to making a difference.
- Learn evidence-based techniques for reducing stress, improving focus, and nurturing your mental health in and out of work.
- Reignite your purpose by aligning your daily actions with what matters most — your wellbeing, your passion, and your impact.
- Bring it back to your schools by sharing strategies that foster a culture of care, balance, and emotional intelligence among colleagues and students.



Because when educators feel supported, the entire school community thrives. You deserve this time to refill your own cup — so you can continue inspiring others from a place of wellness and strength.

What to expect

Each session is interactive, restorative, and real — blending guided activities, open discussion, and reflection. You won't just listen — you'll participate, connect, and walk away with new ideas and renewed energy. Workshops are designed to fit into busy schedules and can easily translate into daily routines, classroom strategies, or leadership practices.

Every participant is entered to win a Self-Care Prize Pack or Gift Card!

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Who is welcome to participate?

The Series is open to all school-based professionals who contribute to the academic, emotional, or social well-being of students within the school community.

Participants May Include:

- Administrators and department leaders
- Teachers and special educators
- School counselors, social workers, and psychologists
- School nurses and health staff
- Paraeducators and instructional aides
- Behavioral support and intervention staff
- Family engagement specialists and community liaisons
- After-school coordinators, coaches, and student support team members
- Front office and school operations staff



Workshop Logistics

Session Length

60 minutes, including space for discussion, reflection, and real-life application. Backpack can host multiple workshops in one day!

In-Person Format

All sessions are hosted in-person, making participation as easy as possible.

Interactive & Supportive

Workshops are designed to be engaging and judgment-free — a space to connect, reflect, and learn alongside other educators and school-based staff. Cameras are welcome but never required, and you're encouraged to participate at your own comfort level.

Feedback & Follow-Up

After each session, we ask that you complete a brief satisfaction survey. Your input helps us tailor future topics and make sure these sessions continue to meet the needs of educators like you.

How to Participate

- Use the registration link: [Educator Wellness & Connection Series Site Registration](#)

Please contact workshops@helloworld.com for more information.

Self-Care: Refueling Your Mind and Energy

You give so much of yourself to others — this session is about giving some of that care back to you.

Together, we'll explore what self-care really means in the world of education — not spa days or quick fixes, but realistic, meaningful habits that protect your energy and peace of mind. You'll learn small ways to bring mindfulness, balance, and joy into your daily routine.

Come ready to breathe, reset, and leave with tools you can use right away to feel more grounded and resilient in the year ahead.

The Power of Self-Expression and Emotional Connection

Your voice matters — and so does helping others find theirs.

In this workshop, we'll explore how genuine self-expression builds emotional connection with colleagues, students, and families. You'll practice simple ways to bring more creativity and authenticity into your interactions and see how openness strengthens trust and collaboration. Leave feeling inspired to lead with heart, connect with purpose, and create a school environment where everyone feels seen and heard.

Time Management & Boundaries That Work

You're juggling a thousand things — lesson plans, emails, meetings, and personal responsibilities — and still trying to find space for yourself.

This workshop helps you take that space back. Together, we'll talk about how to manage your time with intention, set boundaries that protect your peace, and communicate those limits without guilt. You'll leave feeling more in control of your schedule — and more confident saying yes to what matters most.

What Recharges You? Rediscovering Joy and Balance

When was the last time you felt truly recharged?

This workshop helps you rediscover what fills your cup — the activities, people, and moments that bring you back to yourself. You'll reflect on what fuels your motivation and explore practical ways to weave those "recharging moments" into your everyday life. By the end, you'll have a personal game plan for staying energized, fulfilled, and connected to your purpose — no matter how busy things get.

Reducing Stress and Increasing Focus in Busy Spaces

The demands of your day are constant — but calm is still possible.

In this session, we'll practice quick, effective strategies to reduce stress and stay focused, even when things feel chaotic. You'll learn mindfulness techniques, breathing practices, and simple routines that help you and your students refocus and reset.

Leave with tools you can use right away to transform stress into clarity and bring calm back into your day.

Managing a Busy Educational Environment

The pace of education can feel nonstop — but you don't have to lose yourself in it.

This workshop offers practical ways to manage workload, streamline communication, and create structure that actually works for you. Together, we'll talk about how to build balance into even the busiest days, protect your energy, and lead from a place of calm confidence.

You'll leave with actionable tools to help you stay organized, centered, and ready to thrive — not just survive — in your school environment.

Routine & Consistency: Creating Stability That Supports You

Routine doesn't mean rigidity — it means peace.

This session explores how predictable routines help not only your students but also you. We'll talk about how consistency creates emotional safety, reduces decision fatigue, and brings calm to chaotic days. You'll leave with practical ways to structure your day and classroom that make your work more sustainable — and your environment more supportive for everyone.

Physical Wellness: Energy from the Inside Out

You can't pour from an empty cup — and your body often feels it first.

In this energizing session, we'll connect movement, nutrition, and wellness in ways that actually fit your lifestyle. You'll learn realistic strategies for staying active, eating for energy, and building habits that stick (even during the school year's busiest weeks). Leave feeling inspired to make small, meaningful changes that help you show up feeling strong, focused, and alive.

Building Supportive Relationships

Strong relationships are what hold school communities together.

This workshop is about how to nurture them — with empathy, communication, and presence. Together, we'll talk about how to build deeper trust with colleagues, students, and families, even during tough moments. You'll leave with practical tools and a renewed sense of connection to your school community — because when we support each other, everyone rises.

Activities that Build Emotional Intelligence and Relationship Skills

Your classroom (or workplace) can be a space where emotional growth happens every day — not just for students, but for you, too.

In this interactive session, we'll explore hands-on activities that strengthen empathy, communication, and emotional awareness. You'll experience simple tools you can bring right back to your environment to help others manage emotions and build meaningful connections. Leave with new ideas that make your work feel lighter, calmer, and more connected — for you and the people you serve.

Breathwork: Finding Calm in the Chaos

The days move fast — your breath can help you slow them down.

In this calming session, we'll explore simple breathwork techniques that release tension, improve focus, and restore balance. You'll learn how to use breathing as a quick reset in moments of stress — in the middle of your workday, before a big meeting, or during a tough conversation. You'll leave with easy tools to bring more calm and control into your daily routine — because peace starts with a single breath.

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Stress & Burnout in Education: Reclaiming Balance

You care deeply — that's your superpower. But it's also what makes burnout real.

This session offers space to pause, reflect, and rebuild. Together, we'll talk honestly about the signs of burnout, how to protect your mental and emotional energy, and how to reconnect to your sense of purpose. You'll leave with practical strategies to manage stress, rediscover joy in your work, and remind yourself: you can't pour from an empty cup — and that's okay.

Understanding Cultural Difference: Building Inclusive Spaces

Every interaction holds a story — and every story deserves to be understood.

This workshop explores what it means to truly see and honor the different cultural experiences that shape your community. We'll talk about awareness, humility, and how to create inclusive spaces where everyone feels seen, valued, and respected. Leave feeling more confident navigating cultural conversations and more connected to the diverse world you're helping shape every day.

Communication Techniques: Building Stronger Connections

Clear, kind, confident communication changes everything — for your relationships, your team, and your classroom.

This session is all about finding your voice and using it intentionally. We'll explore how to listen actively, handle tough conversations with empathy, and set boundaries that feel firm but kind.

You'll leave with communication tools that make your work smoother and your connections stronger — because good communication starts with understanding, not perfection.

Supporting Children & Adolescents: Meeting Them Where They Are

Behind every behavior is a story.

In this session, we'll talk about how to see beyond the surface — to the emotions, needs, and experiences that shape young people's actions. You'll learn strategies for supporting emotional health, fostering resilience, and creating safe, consistent environments where kids can thrive. You'll leave with practical ways to respond with empathy while maintaining healthy boundaries — the balance that keeps both you and your students grounded.

Vulnerability & Trust: The Foundation of Connection

Connection starts with courage — and courage begins with vulnerability.

This session explores how being real, honest, and open can transform relationships at work and in the classroom. You'll learn how to model vulnerability in a way that builds trust and encourages others to do the same. Leave inspired to create spaces where people feel safe to show up as they are — because trust grows where authenticity is welcomed.

Self-Awareness & Reflection: Reconnecting With Your Why

You spend so much time helping others — this session is about checking in with you.

Through reflection, mindfulness, and open discussion, we'll explore what drives you, what drains you, and how to stay aligned with your "why." You'll reconnect with the values and strengths that make you the incredible educator you are. Leave with clarity, confidence, and renewed motivation to show up as your best self — for you, and for those you serve.

Building Confidence: Standing in Your Strength

Confidence doesn't mean having it all together — it means trusting yourself through the process.

This empowering workshop helps you identify your strengths, quiet your inner critic, and celebrate your growth. You'll practice small mindset shifts that build lasting confidence in your role and in yourself. Leave with a fresh sense of self-assurance and the reminder that your voice, your presence, and your impact matter every single day.

Mindful Eating: Nourishing Your Energy

You're constantly giving — but are you fueling yourself in the process?

In this refreshing session, we'll slow down and rediscover the simple act of mindful eating. You'll learn how awareness and intention during meals can boost energy, improve focus, and lower stress. No diets or rules — just reconnecting with your body and giving yourself the same care you offer everyone else.

Mindful Coloring: Creating Calm Through Art

Sometimes, calm comes in color.

This light, creative session invites you to slow down and tune in through mindful coloring — a gentle, meditative way to clear your mind and center your thoughts. No art skills needed — just curiosity and a willingness to pause. You'll leave with a few minutes of peace and the reminder that stillness is a skill worth practicing.

The Power of Gratitude in Self-Care

Gratitude is more than saying “thank you” — it’s choosing to notice what’s good, even in the hard moments.

This uplifting workshop explores how gratitude can shift your mindset, reduce stress, and increase happiness. You'll practice simple ways to bring more gratitude into your day — from quick reflections to classroom rituals.

Leave feeling grounded, optimistic, and ready to finish the year with a full heart.

Adjusting to a New Schedule Focused on You

As the year winds down, it's time to make space for you.

In this closing session, we'll help you reflect on what you've learned, release what you don't need, and create a routine that actually supports your well-being. You'll design a schedule that balances rest, purpose, and joy — one that leaves room for you to breathe and grow.

Leave with a plan that puts your wellness first — because you deserve it.

Which of these topics speak to you?

Register now: [Educator Wellness & Connection Series Site Registration](#)

For more information, please email workshops@hellobackpack.com