

SILA - When a Bubble Bath Just Isn't Enough!

Facilitator(s):	Kelly Maxwell
Date:	December 05, 2024
Time:	4:00 pm – 5:15 pm
Cost:	
Location:	Virtual
Type:	Webinar
Session Code:	25-MH-274

Target Audience

Teachers, Educational/Instructional Assistants, Administrators

About this Learning Opportunity

When our capacity for stress is limited, we need practical strategies that work. Upon completion of this session, participants will leave with several helpful tools to add to their existing resources, which will build their personal wellness resilience. Based on DBT, these skills are not just temporary fixes but long-term strategies that can be utilized in various aspects of daily life, making them an invaluable asset for personal wellness resilience.

About the Facilitator(s)

Kelly Maxwell

When you meet Kelly Maxwell, one of the first things you will hear her talk about is how learning Dialectical Behavior Therapy skills changed her personally and professionally. After teaching for 32 years, she recently handed in her classroom keys and is now sharing about her challenging journey with her son's mental illness and how it transformed how she is able to communicate with those who struggle with their emotions. Her presentations are filled with relatable stories where participants gain practical tools they can use personally right away in their classroom and at home. People who attend Kelly's sessions often comment on how much they enjoy her style of presenting and how her stories help them understand how hope can be found in difficult times.