

# The Support Spa

By Seeds & Berries'  
Alia Berry MSW LSW

*I am really enjoying these sessions. They really are therapeutic. It has been valuable for me to take the time to listen to others' perspectives and struggles; many of which we have in common. I am even making connections offline between topics on my own. This being our last session was kind of sad. It was a great blessing!!! Continue what you were doing. It was fantastic.*

-Participant Feedback from School Year 2020-21



**NBOE Staff Support Groups starting Sept 15th!**

## CALENDAR OF TOPICS

- Wednesday 9/15: The Superhero Syndrome
- Wednesday 9/29: Stress Management
- Wednesday 10/13: Let's talk Boundaries
- Wednesday 10/27: Say What You Need, Mean What You Say
- Wednesday 11/10: Balancing Multiple Priorities
- \*Tuesday 11/23:** All things SELF CARE (why, how, where, when)
- Wednesday 12/8: 'Love Languages' Matter
- Wednesday 12/22: Inner Strength Approach to Mental Health

The Facilitator: Former NBOE teacher, school social worker and leader.  
To learn more about Alia Berry, visit [www.seedsandberries.com](http://www.seedsandberries.com)

**Biweekly**  
**5:15pm-6:15pm**

**Prioritized!**  
**CONFIDENTIALITY**

**ZOOM Meeting ID**  
**725 279 9971**