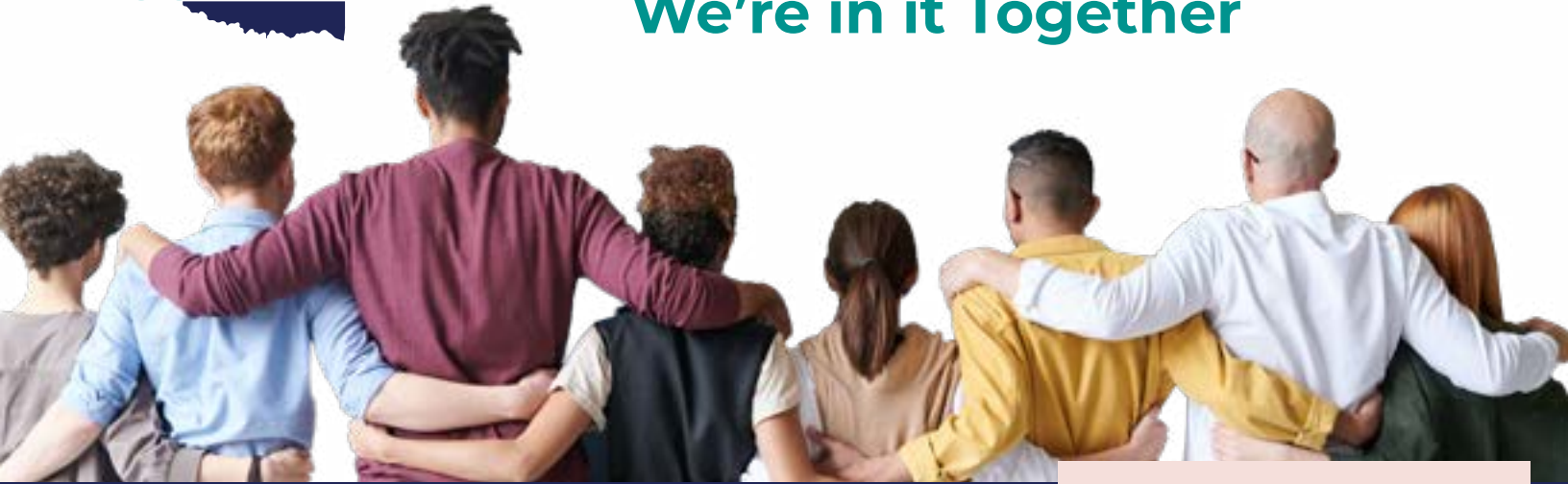




# Social and Emotional Well-being: We're in it Together



*You Matter!*

## Communities of Practice Created With **YOU** in Mind

Oklahoma educators continue to do brave, courageous work with and for our students and school communities. Communities of Practice provide a space for us to come together, build on our collective experience and knowledge, and support each other as we navigate this school year.

Our time together will provide an opportunity to connect with Oklahoma colleagues who understand the current weight of meeting student needs while recognizing the need to attend to ourselves and support one another. The format has dedicated time for collaboration and sharing for teachers, school administrators, and district administrators organized by size of district. All participants will leave with ready-to-implement strategies to enhance student and adult social and emotional well-being.



### Take a deep breath and join us...

Your well-being is as important as the critical contributions you make everyday. Scan QR code to the left with your smart phone or Click here: ["In It Together"](#) to be directed to the URL for more information.



OKLAHOMA  
Education

**SWiFT**  
education center

With SWIFT Education Center, an Oklahoma State Department of Education partner.

## Free Online Series

### 2A& below

February 1  
March 1  
April 5

### 3-4A

February 2  
March 2  
April 6

### 5A+

February 3  
March 3  
April 7

**District Leaders: 8:30a.m.**  
**Principals: 10:30a.m.**  
**Teachers: 3:30p.m.**

**REGISTER HERE**