

# Mental Health Care

for Teachers and Education Staff Professionals

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## Wellness Wednesday

Wellness Wednesday is an informal virtual gathering that takes place on a Wednesday evening once a month throughout the school year.

The main goal of these sessions is to remind you to take care of yourself and the importance of positivity, well-being, and mental health! Join us as we create a healing space together.

Follow FEA PD on Facebook to find session dates and times!



*Florida Education Association*