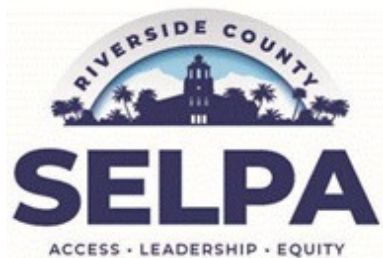




RIVERSIDE COUNTY SELPA PRESENTS...

# MAKING SELF-CARE YOUR SUPERPOWER

PRESENTED BY:  
CHAD PETTIES, LMFT & ANGIE TALLEY, LCSW, PPS



**Date:** December 12, 2025

**Time:** 9:00 a.m. - 12:00 p.m.

**Location:** Riverside County SELPA  
2935 Indian Ave. Perris, CA 92571

**Cost:** Free for RC SELPA Members  
\$20.00 for Non RC SELPA Members

**CEU Credits:** Additional \$20.00

## PARTICIPANTS WILL:

- Define Healthy Self-Care
- Understand and combat educator burnout.
- Building Resilience through 8 Domains of Well-Being for Proper Self-Care.
- Discover their personal "Window of Tolerance" and learn practical techniques to expand it, helping to manage stress.
- Develop a personalized self-care action plan.

Refunds cannot be provided for "no shows" or cancellations made after the registration deadline. If you are unable to attend the workshop, please find someone to attend in your place and contact SELPA office via phone or email with the name of the person taking your place. Should an emergency arise or for individuals who require special accommodations, please contact the SELPA office via phone at 951-490- 0375 or e-mail [tracy@rcselpa.org](mailto:tracy@rcselpa.org) at least 10 working days prior to the workshop.

**Registration Deadline: December 5, 2025**



951-490-0375



[Tracy@rcselpa.org](mailto:Tracy@rcselpa.org)

[Click to Register](#)

# MAKING SELF-CARE YOUR SUPERPOWER

**November 8, 2024**

## **Continuing Education Form Fill Out and Return**

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SEND THIS FORM, ALONG WITH AN ADDITIONAL \$20.00 PAYMENT FOR CEU CREDITS MADE PAYABLE TO:

VAL VERDE UNIFIED SCHOOL DISTRICT - SELPA

ATTN: Sandra Silveira

2935 INDIAN STREET

PERRIS, CA 92571

NOTE: **Purchase orders will NOT be accepted for the \$20 credit fee.** Please send payment in advance so your certificate will be ready on the day of the training.

This course meets the qualifications for three (3) hour of Continuing Education (CE) credits for:

- California Board of Behavioral Sciences, Riverside County SELPA
- National Association of School Psychologists (NASP), Riverside County SELPA License number 1106

Participants must attend the entire three (3) hour workshop in order to receive continuing education credit.

Once your registration has been confirmed through OMS, please fill out the following information if you will be applying for Continuing Education Credits and mail it to:

Riverside County SELPA

Attn: Sandra Silveira

2935 Indian Street

Perris, CA92571

PRINT name exactly as it is to appear on the certificate: \_\_\_\_\_

CA license # \_\_\_\_\_

PPS Credential # \_\_\_\_\_

Riverside County SELPA is approved National Association of School Psychologists. Riverside County SELPA maintains responsibility for this program and its content. This program is offering 3 credits for School Psychologists and Mental Health Specialists (LCSWs, MFTs, LEPs & LPCCs). The Riverside County SELPA follows the laws, rules and regulations of California such as the Welfare and Institutions Code 5823, HIPAA, and the American Psychological Association's Ethical Principles of Psychologists ([www.apa.org/ethics/cose.html](http://www.apa.org/ethics/cose.html))