

Making Self-Care Your SuperPower



PRESENTED BY:
Chad Petties, LMFT &
Angie Talley, LCSW, PPS

Outcomes:

- 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

 April 13, 2027
9:00 a.m. - 12:00 p.m. **Cost:** Free for RC SELPA Members
\$20.00 for Non RC SELPA Members

 RC SELPA
2935 Indian Ave
Perris, CA 92571 **CEU Credits:** Additional \$20.00

 951-490-0375

 Tracy@rcselpa.org

Click or scan
to register



Registration Deadline: April 6, 2027

Should you require special accommodations to participate, please contact Riverside County SELPA at least 10 business days prior to the training at 951-490-0375.

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Continuing Education Form

If paying by check or cash, send this form along with your \$20.00 payment to the address below. Please make check payable to: VAL VERDE UNIFIED SCHOOL DISTRICT - SELPA

If your CEU fee was paid online, mail this form to the address below, email a copy to Abigail@rcselpa.org, or bring it with you to the training. If your payment and completed form is received at least 5 days prior to the training, your certificate will be available at the end of the training. If payment and completed form is received at the training, your certificate will be emailed to you once processed.

Riverside County SELPA
ATTN: Sandra Silveira
2935 Indian Street
Perris, CA 92571

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.

PRINT name exactly as it is to appears on your license/credential:

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)