

# Building Strength In A Time Of Weakness: Teaching During Covid-19

Many teachers are experiencing the impact of what it will take to pioneer their students' education during a turbulent and unpredictable time. Educators are vital to the well-being and success of our communities and making sure they are equipped to draw on the strengths and passions that brought them to our children's classrooms in the first place is a priority! With the school year only weeks away, we have assembled a team of diverse experts to help out. This tailored retreat will include small groups for processing feelings, provide mindfulness and meditation skills, and engage in a town hall meeting to learn the in-and-outs of COVID-19 and how to keep yourself and your classroom safe.



Saioa Aranceta-Sieracki, LCSW will be facilitating small groups to process feelings and help participants communicate their experiences and receive support from other group members. An expert in treating anxiety disorders and helping people empower themselves in any environment.

Dr. Gina Bartucci is a licensed clinical psychologist and consciousness coach who loves introducing mindfulness and meditation to individuals and communities. She believes working through stress and drama can feel better when we pay attention to ourselves in this moment and treat ourselves with kindness.



Kristi Peterson, MD is an emergency room doctor at Amita Resurrection and St. Francis Medical Centers. She has worked at most of the major inner city trauma centers in Cook County and Mt. Sinai. She has been on the frontlines of the COVID fight since it started. Kristi also has a child entering Kindergarten this fall!

**August 15, 2020      10am-1pm**  
**5600 North River Road**  
**Rosemont, IL, 60018**

You can purchase tickets for in-person and virtual participation:

<https://in-person.eventbrite.com>  
<https://virtualparticipant.eventbrite.com>

**This retreat is COVID-conscious**

In-person participants will be **REQUIRED** to wear masks and will work in small groups for social-distancing compliance. For questions, please contact Saioa Aranceta-Sieracki, LCSW at [saioa@saioalcsw.org](mailto:saioa@saioalcsw.org)