



BE A PART OF CEA'S FIRST BOOK STUDY!

**USING THE BOOK *ONWARD*, BY ELENA AGUILAR, AND ITS
ACCOMPANYING WORKBOOK**



Email CEA
specialists
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for more
information.

Who among us couldn't use some strategies for fostering self-care and resilience? Join Michele and Kate, CEA members from across the state, and NEA state affiliate members from New Hampshire, Delaware, and Hawaii, as we read the book *Onward* and complete the accompanying exercises monthly. All materials will be provided free of charge to those selected to take part in this first-of-its-kind book study.

This group is designed to help us all cultivate our emotional intelligence and thrive in times of adversity. Meetings will be held over Zoom once a month in the evenings, over the course of the remainder of the 2021 school year, and possibly into the summer.

Once we have a list of interested members and your emails, we will set up a poll to determine the best days/times for meetings.

Take some time for you and join us on the journey *Onward*!