

STRESSED?

98% of educators say stress and burnout are their top concerns.



CEA has contracted with Positive Directions to offer free, confidential, virtual mental health group counseling for CEA members.

Trained clinical professionals provide educators with support, healing, and innovative strategies to help foster wellness and avoid burnout.

Join your colleagues from across the state for one of three eight-week virtual sessions. Space is limited, so sign up to reserve your spot today and get the support you need and deserve.



Register for the free counseling sessions at cea.org/mental-health-support-group-counseling.