



WEESSN EAP Series: Moving Forward Together

The **WEESSN EAP Series: Moving Forward Together** is an offering of guided sessions and support groups designed to help you build skills and strategies to handle stress and deal with challenging times. The series is one of several supports offered to providers by Wisconsin Early Childhood Association (WECA) following the reduction in and upcoming loss of Child Care Counts funding. Tap into [more resources here](#).

Four **Guided Sessions** will be led by professional counselors from SupportLinc, our EAP provider. The three **Support Groups** will provide a safe space to connect with fellow child care business owners and educators, ask questions, and share experiences.

Each session will be presented separately in English and Spanish from 6:30-7:30 p.m. and will offer Wisconsin Registry credit. They will not be recorded, so be sure to attend.

To register, go to the [EAP](#) and click on the first tile for all the registration links. While you are there, explore and see how the EAP can serve you!

How can you get access to the EAP? Ask your program to join WEESSN – it's FREE!

If you are an owner or director, it's easy – [sign up here](#). If you aren't sure whether your program is already signed up, talk to your director or reach out to us [here](#). We want to share this opportunity with everyone in Wisconsin's early childhood workforce!

Guided Sessions

Stress Management: Wednesday, Sept. 6, 6:30-7:30 p.m. CT

Stress is an unavoidable part of life but if left unaddressed, it can become unmanageable. Whether it's chronic stress that grows over time, or acute stress that suddenly overwhelms your ability to cope, you can learn healthy habits and coping skills to manage stress more effectively. This session will help you understand the impact of different types of stress and provide practical tools for healthy habits and coping skills you can use right away to help you manage stress better and build resilience.

Preventing Burnout: Tuesday, Oct. 10, 6:30-7:30 p.m. CT

Almost everyone feels "burned out" sometimes. But what does "burnout" really mean? In this session, you will learn to identify the root causes of burnout, recognize which stress-inducing factors are within your control, and develop an action plan for effectively managing stress at work and at home. By learning how to take responsibility for making changes, you'll be empowered to overcome burnout and create balance in your busy life.

Dealing with Financial Stress: Wednesday, Nov. 8, 6:30-7:30 p.m. CT

Finances are a major source of stress for most Americans. In this training, you'll learn to recognize the negative effects of financial stress and practical strategies to reduce or eliminate it. This training also provides an overview of the resources and tools available through the Educator Assistance Program (EAP) to help you address and resolve your specific financial concerns.

Compassion Fatigue: Tuesday, Dec. 12, 6:30-7:30 p.m. CT

For many of us, our jobs are not only physically exhausting but also mentally exhausting. This session will guide you through what compassion fatigue is and the signs, symptoms, and real-life strategies to minimize it in your life.

EAP Support Groups

EAP Support Groups will be facilitated by professional counselors. While we have suggested themes for each day, the groups are designed to give participants time and space to talk about what's on their minds and create community among child care providers.

Stress Management: Tuesday, Sept. 19, 6:30-7:30 p.m.

Coping Strategies: Wednesday, Oct. 25, 6:30-7:30 p.m.

Handling Difficult Situations: Tuesday, Nov. 14, 6:30-7:30 p.m.

Don't miss this amazing opportunity to enhance your well-being and professional growth. Attend the WEESN EAP Series and let's overcome challenges together!