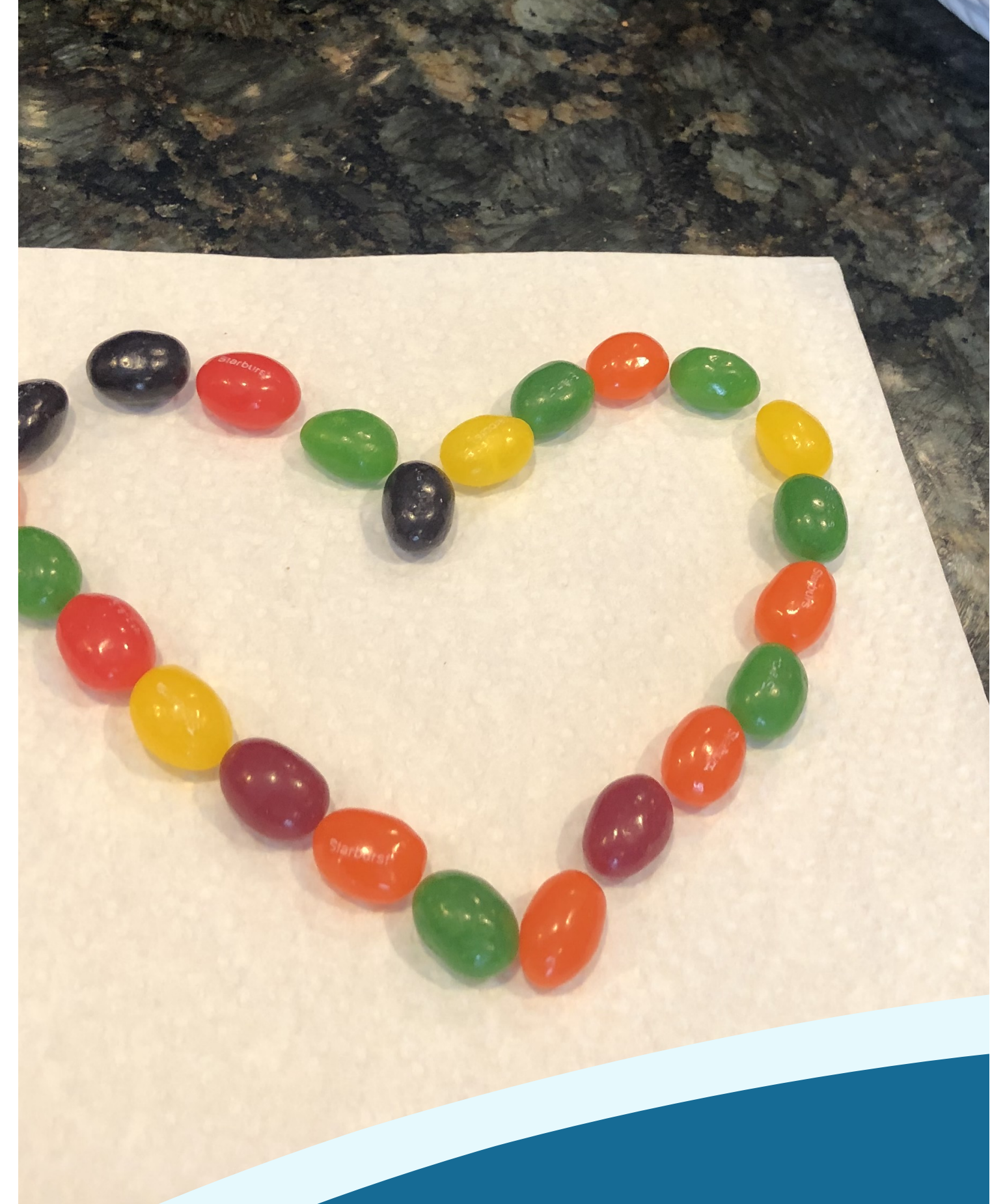




# Staff Wellness Resources

**LITTLETON  
PUBLIC   
SCHOOLS**

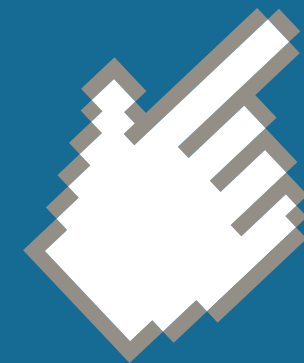


## Employee Assistance Program

Resources to manage  
emotional and/or financial  
concerns

[LPS EAP Website](#)

1-866-252-4468



**Teacher Support Group**

**Denver Counseling  
Solutions**

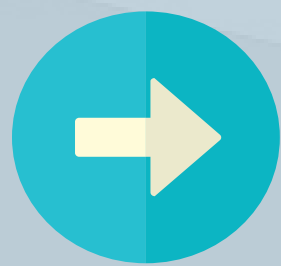
**FREE**

**Wednesdays 7:30-9**



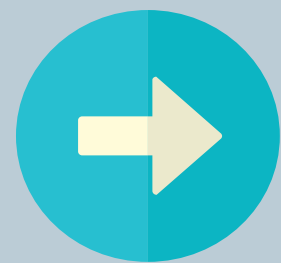


## Mind Matters



### Teaching Balance

*Mindfulness-based self-care for educators*

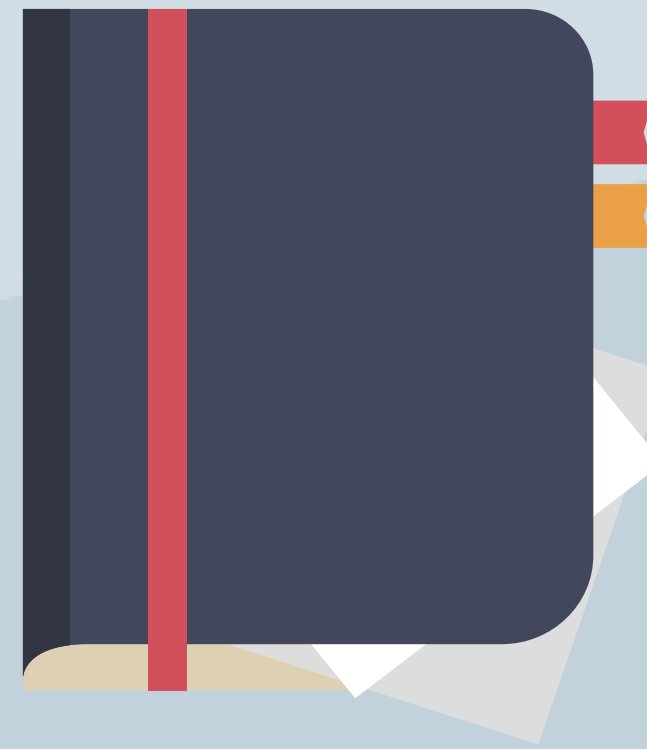


### Calm

*The popular app handpicked favorite meditations, sleep stories, movement exercises, journals, and music*



HEALTHY  
HEARTS & MINDS



### Article

## A Brain Hack to Break the Coronavirus Anxiety Cycle



## Some Good News!



# Community Resources

## Stay Connected-University of Denver

Diverse resources for University of Denver alumni, parents and friends

- Virtual family dance parties
- Cooking demos
- Yoga

## Denver Parks & Rec @ Home

Free online programming with options for all ages and abilities. Fitness, games, art projects, etc.

