



# THE WELL TEACHER

The Well Teacher Group is a free program that focuses on developing tools and skills related to improving teachers' vitality and resiliency. This holistic approach to wellness will equip teachers to make lifestyle changes that will positively affect their physical, mental, and emotional well-being. All groups are virtual, confidential, and facilitated by trained health consultants who are located in communities across the province.

*“ What a wonderful opportunity for teachers to find the time and space to support their mental health.*

*“ I like the honest and safe environment. It was very comforting to know that many of the teaching issues were the same in other districts and schools. You learned some tips from other participants.*

*“ [Our facilitator] was excellent, she made a point to always respond to each person's comments in a positive, responsive way. She really listened to participants and commented on what was being discussed.*



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Register and learn more about The Well Teacher Group at [bctf.ca/wellteachergroups](https://bctf.ca/wellteachergroups)