



## ONLINE SUPPORT GROUP

# HOLDING STEADY: A REFLECTIVE SPACE FOR TEACHERS

## Complimentary Online Support Group for Teachers

***We invite teachers to join this psychologically informed space to pause, ventilate, and recalibrate.*** This is a facilitated online support group that offers a confidential, reflective space.

In times of regional instability, teachers often find themselves holding far more than their normal role. You are supporting children's fears, responding to parents' concerns, maintaining continuity in learning — all while navigating your own uncertainty.

*You do not have to carry this alone.*

### BENEFITS OF TEACHERS JOINING THIS SUPPORT GROUP:

- Process the emotional impact of current events
- Share the pressure of supporting students and families
- Reduce isolation by connecting with peers facing similar challenges
- Strengthen psychological containment skills for the classroom
- Explore practical strategies for managing anxious children and parents
- Reflect on boundaries, self-care, and sustainable coping
- Re-centre on steadiness and professional confidence

### DATES AND TIMINGS:

#### **Tues. 7th April:**

3pm - 4pm (Preetha Madhavan)

#### **Thurs. 16th April:**

3pm - 4pm (Preetha Madhavan)

### FACILITATED BY:



Preetha Madhavan MPsych  
Clinical Psychologist

### REGISTRATION:

Please make one selection for your preferred date and register via our website. A Zoom link to the session will be shared in advance.



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