

# LEADERSHIP SUPPORT FORUMS



SAANYS Is Here For You!

**February 2 | March 2 | April 6 | May 4 | June 1**

**FREE** | 4:00-4:45 pm

*Free to all Region 7 SAANYS Members!*

We don't need to tell you that there has never been a more stressful time to be a school leader. You are living it every day, and your own well-being and mental health is being pushed to the limit for the third year in a row. You need to take care of so many others, but what about you?

SAANYS has partnered with your own regional leaders to offer you ongoing support and connection with your fellow administrators (all roles, all titles) across Region 7. We will be hosting Leadership Support Forums monthly through June.

There is absolutely no cost, no commitment, no need to register beforehand. This is not a presentation, nor is it PD – just real talk and support. All Region 7 SAANYS members will receive a Zoom link the week before the forum. Your own colleagues will lead a conversation about what is occurring, the challenges you are facing, and how you are feeling and dealing. A few quick

resources that you might like and can easily use with your teachers and others will be shared. Our goal is that you leave feeling better, less isolated, and more hopeful than when you came in.

So mark your calendar, watch your inbox for a Zoom link, and plan to join your Region 7 colleagues!

**Vicki Day**, SAANYS Region 7 Representative

**Kevin Hulbert**, Executive Principal, AuSable CSD and SAANYS Region 7 Board of Directors

**Joanna Orr**, SAANYS Region 7 Representative

**Daniel Valenzuela**, High School Co-Principal, Plattsburgh CSD

**Charity Zawatski**, Principal, Gouverneur Elementary School and SAANYS Region 7 Board of Directors

**Sarah Paquette**, Administrator for Instructional Services, CVES BOCES

**Karen Bronson**, SAANYS facilitator

