

### CORA Services

CORA is a multi-funded, community-based, non-profit agency, which offers professional services to children, youth and their families. Among the many services provided are: psychological and educational evaluations; speech and language services; individual, family, and group counseling; vocational and career counseling; remedial education; parent education; resource and referral assistance; job training and pre-employment skills. The service approach of CORA is based upon a belief in the value of the person, and appraising of the individual's unique potential for growth.

[www.coraservices.org](http://www.coraservices.org)

### Location of Programs

CORA SERVICES, 8540 Verree Road, Philadelphia, PA 19111. Directions from Roosevelt Boulevard (Rt. 1) - Traveling North on Rt. 1, turn left onto Rhawn Street (if traveling South on Rt. 1, turn right onto Rhawn Street). Drive approx. 1.5 miles and turn right onto Verree Road. After the third light make a left into the CORA Services driveway (there is a sign at the entrance). Park in the first lot on your left. Enter the Reception area and proceed to Conference Center. The CORA Building is wheelchair accessible.

### Continuing Education Credits

CORA Services is approved by the **Pennsylvania Department of Education** to sponsor continuing education for certification under Act 48. **CORA Services** is solely responsible for all aspects of the programs.

CORA Services asks that participants attend the entire workshop and complete the evaluation form. Partial credits will not be awarded. Late arrival or early departure will preclude awarding of CE credits.

CORA SERVICES, INC.  
8540 Verree Road  
Philadelphia, PA 19111

## ***CORA SERVICES, INC.***

***Presents:***

***Self-Care for School  
Professionals***

***Presented by:***

***Allison Talbot, Ed.S., NCSP  
and  
Jessica Savaiano, Ed.S., NCSP,  
BCBA, LBS, RYT  
School Psychologists  
CORA Services, Inc.***

***On***

***February 9, 2023***



# Registration Form

## Virtual Workshop

### Self-Care for School professionals

Allison Talbot, Ed.S., NCSP and  
Jessica Savaiano, Ed.S., NCSP, BCBA, LBS, RYT  
February 9, 2023 - 9:00 a.m. to 11:00 a.m.  
Price \$50.00

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Credits Applying for:

Act 48 CE Hours

#### Cost of Program –

**Public:** \$50.00

**Former Staff:** \$25.00

**Staff:** \$10.00

**Pre-registration is required. Registration deadline is 2/2/23. Register online at [www.coraservices.org](http://www.coraservices.org) or send registration form by 2/2/23 with check made payable to CORA Services, Inc. to:**

**Ceil Hanas**

CORA Services, Executive Offices

8540 Verree Road

Philadelphia, PA 19111

**Phone (215) 701-2629**

**Email: [chanas@coraservices.org](mailto:chanas@coraservices.org)**

*Cancellations made less than 72 hours before the program will NOT be refunded.*

**For additional information contact:**

[chanas@coraservices.org](mailto:chanas@coraservices.org)

## - Virtual Workshop - Self-Care for School Professionals

**Allison Talbot, Ed.S., NCSP and  
Jessica Savaiano, Ed.S., NCSP, BCBA, LBS, RYT  
February 9, 2023 – 9:00 a.m. to 11:00 a.m.**

**Presenters:** Allison Talbot, Ed.S., NCSP is a Nationally Certified School Psychologist and Pennsylvania Certified School Psychologist who graduated from Temple University's School Psychologist Program. Allison currently serves as a School Psychologist at CORA in the nonpublic school services division. Allison has extensive experience working with preschool through high school students, students of different racial and ethnic backgrounds, students with a variety of mental, physical, social, and emotional needs, and students in Philadelphia and surrounding suburbs.

Jessica Savaiano, Ed.S., NCSP, BCBA, LBS, RYT is a Nationally Certified School Psychologist and Pennsylvania Certified School Psychologist and Registered Yoga Teacher, who is currently completing her final year of Philadelphia College of Osteopathic Medicine's doctoral program in School Psychology. Jessica currently services as a doctoral intern and school psychologist at CORA in the nonpublic school services division. Jessica also works in the Clinical Services Division at CORA where she completing IBHS assessments.

**Purpose:** Attendees will be able to engage in yoga activities, mindfulness activities and learn about various ways in which to help bolster mental health during the school year. Attendees will also have the opportunity to discuss difficult situations they have faced during the school year and understand various coping skills and boundary settings to assist with managing these situations. This workshop aims to give participants tools and strategies to protect them from compassion fatigue, burnout, overwhelm and stress faced in personal and professional life.

**Intended Audience:** This program will benefit, Psychologists, Speech Therapists, Educators, Social Workers, Mental Health Counselors, Principals, Teachers, Occupational Therapists, Graduate Students, and other practitioners within mental health and education who provide direct services and/or parent/teacher consultation.

**Objectives:** As a result of this interactive workshop, participants will be able to:

- Understand signs of vicarious trauma, compassion fatigue and burnout
- Discuss self-care and resilience in the workplace
- Learn about the benefits of mindfulness and practice mindfulness and yoga activities that can be used in the workplace and everyday life
- Develop a self-care plan and understand your own self-care
- Learn how to promote self-care in the classroom

#### Schedule:

8:30 Registration  
9:00 Conference Begins  
11:00 Evaluation and conclusion

#### Cost of Program:

Public: \$50.00  
Former Staff: \$25.00  
Staff: \$10.00

#### Credits Offered:

- Act 48 2.0