



Wayfinder Adult SEL

A No-Cost Professional Learning Series for Multnomah & Clackamas County School Staff Members



MCREN is proud to offer Wayfinder Adult SEL to any Multnomah or Clackamas County School District Staff Member beginning January 2025! This no-cost professional learning series is designed to help participants focus on their own Social and Emotional Learning Journey while developing systems of self-care.

This 10-session series combines the absolute best research on purpose development with practical action steps developed by education practitioners.

Educators will come away from this series able to...

- 1 Understand key factors that support purpose and well-being
- 2 Apply tools to increase a sense of lived purpose and manage stress more effectively
- 3 Analyze and reflect on core components of meaning + purpose in one's career

Additional Details

- **This series is provided at no-cost to any school district staff member** with priority to classified staff. Sub pay is covered for all participants.
- **Who is This For?** Any student facing licensed or classified staff member wanting to learn more about and build on their personal social emotional well being.
- **When Are the Sessions?** All in-person sessions will be held from 1:00-4:00 p.m. at Clackamas Service Education District. Virtual check-ins will occur between longer session breaks.
 - 1/14/25
 - 3/11/25
 - 5/13/25
 - 10/14/25
 - 1/20/26,
 - 3/10/26
 - May 2026: Final Celebration



Interested?

If you'd like to join us for Wayfinder Adult SEL please complete this [Interest Survey](#). Formal registration will open November 2024.



Questions?

Contact Kelsey Bowers at Kelsey@mcren.org

- **PDU and Post-Graduate Credits** will be offered (at a cost) through Western Oregon University