

When caregivers engage in daily problem solving, support, and treatment with students who have experienced adverse events, engagement can take an emotional toll that compromises professional functioning and diminishes quality of life.

The OHuddle Hour series integrates community volunteers to provide self-care donations and experiences for participants.

THE CONCEPT BEHIND OHUDDLE HOUR:



OHuddle promotes this self-care series to improve the health and self awareness process of volunteers and teachers, thus ensuring that children consistently receive the best possible care from those who are committed to helping them.



ABOUT OHUDDLE:

OHuddle is a 501c3 faith-based nonprofit founded by Wayne County Educators to respond to the increased need for relationship in our schools.

OHuddle provides 1:1 mentorship, case management, and service coordination free of charge during the school day.

OHuddle serves Green, Orrville, Triway, and Wooster Schools.

CONTACT US

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*Supporting Educators & Mentors
with Self Care Strategies*

OHUDDLE

HOUR

HUDDLE

PROMOTING POSITIVE SCHOOL CULTURE

OHUDDLE HOUR

*Putting Self Care
back on your 'to
do' list*

WWW.OHUDDLE.ORG/OHUDDLE-HOUR



OHuddle Hour is a quarterly experience to promote hope, rest, fun, and self-care. Taking care of yourself takes care of our students. Sessions are organized by OHuddle and sponsored by the community. There is no cost to participate. Thank you for all you do to support our youth!



www.ohuddle.org/ohuddle-hour

HOW TO HELP:

01

SPONSOR:

Make a donation to support OHuddle Hour:
www.ohuddle/give

02

DONATE:

Provide services or materials as organized by OHuddle

03

VOLUNTEER:

Come to serve teachers and mentors on OHuddle Hour Days

Research shows that experiences of play, creativity, relaxation, life organization, and hope-based messages improve building or agency culture and have a positive trickle down affect on student outcomes.



MODELING STRESS MANAGEMENT

Each session such as yoga, massage, or cooking classes teach a self care skill.



BUILDING POSITIVE CULTURE

"This program has changed our building culture for the better!"
- Middle School Teacher