Take Time for YOU!

December is National Stress-Free Family Holidays Month!

Weather, shopping, finances, lack of daylight, house guests, traveling… this time of year can be overwhelming for everyone. While we are taking care of each other and our students during this tough time of year, we tend to neglect ourselves. Don’t forget to set aside time for yourself to recharge and de-stress so you can continue to be your best self with others! Some ideas for a little rest and relaxation: unplug for 30 minutes, take a walk, laugh, journal, read a book or magazine for fun, work with your hands, see a movie or a show… Most of all - keep it simple, and just be present with those you love! Visit our MAEA Toolkit for ideas to promote stress-free holidays with your students.

From all of us at MAEA to all of you… Happy Holidays! Thank you for all you do on behalf of Maine Adult Education.

On the Horizon… (December, January)

HAPPY NEW YEAR!

Share your resolution [survey].

January is National Get Organized Month (Let’s G.O.1)

MAEA DIRECTOR’S TRAINING

Thank you for your patience and understanding with the rescheduling of this event. The new date will be: 1/31/20

Share, Learn & Network!

9 am - 3:30 pm, Bangor Savings, Augusta

United States CENSUS 2020

Talk to your students about the upcoming Census!

Why?… because state and federal grants often use Census numbers to make funding decisions. We also cite census data when writing grants and advocating for the field with our legislators. Census 2020 will be used as a source of information for 10 years!

Let’s make it count!

Get outreach materials [HERE]!

Households will be able to respond to questions online, by mail, or by phone.

Visit our MAEA Toolkit for more resources!

Don’t Forget!

You shop. Amazon gives.

Finish your Amazon shopping [HERE]! Amazon will donate 0.5% of eligible purchases to MAEA.

Check out PD Opportunities on the MDOE Portal: Course Index