

Teachers: Invaluable to Society, Deserving of Support



Explore Our
Counseling Peer Group
for Teachers

Video Therapy | In-Person
Therapy at Multiple Locations



SAMARITAN
Counseling • Guidance • Consulting

412.741.7430
samaritancounseling.net



In the past year, teachers have experienced a whirlwind of change. While the everyday challenges of teaching have always been, the pandemic exacerbated and compounded them, producing greater stressors that no one could have imagined.

Are You A Teacher? If so, perhaps you are:

- Experiencing learning curves that lead to anxiety
- Fearing you will miss non-verbal communication from your students
- Unsure if you're collaborating effectively with your colleagues through virtual platforms
- Having some difficulty separating the work environment from the home environment
- Concerned about selecting essential information for your students while keeping the state standards in mind
- Uncertain about a variety of things, such as returning to the classroom

Licensed Professional Counselor, **Lynda Bradley**, is a former teacher herself who in addition to teaching public school students, also provided special education services for four-year-olds. A seasoned member of Samaritan's clinical team, Lynda counsels adults and children alike, specializing in many areas such as trauma—including PTSD—grief, loss, anxiety, depression, managing stress, and more.

Whether you prefer private sessions with Lynda, or joining her interactive, counseling peer group, you'll have the opportunity to work with her on a variety of issues relevant to **you** and **your profession**.



Lynda accepts Aetna, Cigna and Cigna EAP, Highmark, Magellan, MHNNet (Health America), Optum/UBH/UHC, UPMC (CCBH), self-pay, and sliding scale fees for those who qualify through our Samaritan Cares program.

Lynda Bradley, MA, NCC, LPC
Licensed Professional Counselor

To learn more, please email lbradley@samaritancounseling.net or call Samaritan at 412-741-7430 and ask for Lynda Bradley.