

**Massachusetts  
Organization of  
Educational  
Collaboratives**



Joanne Haley Sullivan,  
Executive Director

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**FOR IMMEDIATE RELEASE**

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Media Contact: Alia Spring  
Phone: 617-993-0003  
Email: [alia@jgpr.net](mailto:alia@jgpr.net)

**Southeast Collaborative Regional  
Organization Invites Educators to Social  
Emotional Wellness Symposium**

MASSACHUSETTS — The Southeast Collaborative Regional Organization (SCRO), representing the eight [Massachusetts Organization of Educational Collaboratives](#) (MOEC) members in Southeastern Massachusetts, wishes to invite educators to its fifth annual professional development symposium.

**WHEN**

Thursday, March 24 to Friday, March 25, from 7:45 a.m. to 3:30 p.m.

**WHERE**

The enVision Hotel, 31 Hampshire St., Mansfield, MA 02048

## WHAT

SCRO is excited to welcome educators back for this two-day in-person event. The theme of this year's symposium is "Social Emotional Wellness: Building Resilience." Educators are welcome to attend one day or both days.

The symposium will feature presentations by field experts discussing unique topics in regard to mental health and wellness to support building resilience in students and educators. Lunch and refreshments will be provided.

"The topic of this year's symposium is especially timely given the impact that the ongoing pandemic has had on mental health and wellbeing," READS Collaborative Executive Director Dr. Theresa Craig said. "This is a great way for educators to connect with each other and share their unique knowledge and insights. Attendees will surely leave with a wealth of tips and tools surrounding mental health that they can implement not only with their students, but also for themselves and in their respective districts."

Presentations include:

- **Navigating the System and Accessing Care:** Julie Love, director of the McLean School Nurse Liaison Project, will share information about the complex mental healthcare system, including how to support families through the process of accessing mental healthcare.
- **Creating Therapeutic Classrooms:** Dr. Carolyn McKearney, a special education specialist, will provide strategies for supporting students in the midst of the COVID-19 pandemic, and will introduce the four components of a therapeutic classroom as outlined by behavioral psychologist Dr. Kevin Plummer.
- **Your Well-Being Matters: Supporting Others Begins with Supporting Yourself:** Certified Holistic Health Counselor Susan McNamara will lead a session on self-care. Educators in attendance will learn techniques for de-stressing, sleeping better, reducing anxiety, and feeling more at ease in the midst of challenging times.
- **The Hidden Strengths of Vulnerable Students: Understanding and Fostering Resilience:** Dr. Craig Murphy, school psychologist and founder of the Family and Educational Wellness Center, will review some of the most recent and promising research on resilience and discuss its importance for educators and school-based programs.

- **Resilience, Relationships and Relief: Using Positive Psychology to Thrive in Tough Times:** Award-winning psychology speaker Pam Garramone will teach attendees simple strategies to build resilience and relationships, and to feel a sense of relief. She will also share tips on increasing energy and releasing stress.

To view the complete symposium agenda, please click [here](#).

To register for the symposium, please click [here](#). Registration will remain open until Monday, March 14.

## About the Southeast Collaborative Regional Organization

SCRO is a consortium of nine Educational Collaboratives representing 88 districts in Southeastern Massachusetts. The collaboratives include Bi-County, Cape Cod, North River, Pilgrim, READS, SMEC, SouthCoast, and South Shore Collaboratives. SCRO's goals are to: increase the quality of education in each local district by creating a wealth of combined expertise; maximize education dollars through consolidation of resources such as professional development and technology; build capacity within member districts through the sharing of management, instructional and support personnel; share knowledge, information, and best practices among members; acquaint state and local leaders, policymakers, and the public with the role that Educational Collaboratives play in promoting high quality, cost-effective school districts; and provide linkages with MOEC as the state-level collaborative organization and with the national organization of Educational Collaboratives, the Association for Educational Service Agencies.

## About Massachusetts Organization of Educational Collaboratives

[MOEC](#) represents the Commonwealth's 25 educational collaboratives. MOEC serves as the voice of its members and works to develop a full appreciation for and understanding of educational collaboratives at the state, regional, and local levels. MOEC is the Commonwealth's primary advocate for collaboratives and the critical role they play in the Massachusetts educational system.

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**A message from the Massachusetts Organization of  
Educational Collaboratives**