



Who Should Attend? Student Leaders, School Administrators, Wellness Coordinators and Educators, Athletic Directors, Coaches, Nurses, Guidance Personnel, Club Advisors, School Resource Officers and anyone interested in learning more about effective model programs and best practices in wellness

5th Annual Mental Health Summit



Congressman Joe Kennedy III - Keynote Speaker

Friday, April 26, 2019

Doubletree Hotel, Westborough, MA

Registration/Breakfast: 7:30am–8:15am

General Session: 8:15am–8:50am

Concurrent Sessions: 9:00am–11:50am

Afternoon Keynote/Luncheon: 12:00pm-1:30pm

Fee: \$55 per person (*Includes Continental Breakfast, Lunch and Materials*)

5 PD Hours

Content Area: *Safe and Supportive Learning Environments* | **contact:** cbohmler@miaa.net

The Conference will feature three concurrent workshop sessions on:

- Coping With Stress & Teen Depression: Young Adult Speakers
- The Emotional Impact of ADHD and Effective Strategies for Instruction
- Anxiety Disorders in Students
- Meditation & Social/Emotional Awareness For Educators
- Mind Over Media: The Fight for Mental Health
- Student-Athletes & Mental Health
- Teen Empowerment, Mindfulness & Resiliency
- When Grief & Loss Affect a School Community
- How to Cultivate Happiness
- The Brain, Trauma & Teens
- The Role of the SRO & Student Mental Health Concerns
- Bullying Prevention

There will also be an Exhibit Area with over 20+ wellness exhibitors

**There is a 72-hour cancellation policy for this program.
Please direct all billing questions to the MSAA accounting department.**

MASSACHUSETTS SCHOOL
ADMINISTRATORS' ASSOCIATION



MASSACHUSETTS INTERSCHOLASTIC
ATHLETIC ASSOCIATION

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