



# NEWS RELEASE

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## **Baltimore County schools invites students, parents, caregivers, eligible staff to participate in summit focused on self-care, mental health, well-being**

*Virtual summit to be held Feb. 6, 8, 10 & 11*

Towson, MD – Sometimes what tough times call for is a pause – time set aside for self-care and to learn more about resources and strategies to improve your own mental health and well-being and that of the people you teach and you love.

Baltimore County Public Schools invites parents, caregivers, students in Grades 6 – 12, and eligible staff to participate in the [Social-Emotional Learning Summit: Connecting as a Collective Community](#), a free virtual event taking place beginning on Feb. 6.

“We are so pleased to offer this opportunity to our community,” said Dr. Amalio Nieves, executive director, BCPS Department of Social-Emotional Support. “As we continue experiencing this pandemic, we need to recognize and address the collective toll it is taking on us, the chronic sense of being overwhelmed that we are feeling. This summit is designed to give young people and adults the time, space, and support they need to process their emotions and engage in healing.”

Presentations will focus on resetting with a positive mindset, working through grief and trauma through trying times, coping with anxiety and self-doubt, building resilience, being mindful, creating inclusive environments, and more. Presenters will represent a diverse cross-section of voices, including young people, researchers, educational leaders, and community partners.

The summit will be held:

- Saturday, Feb. 6, from 10 a.m. – 5:30 p.m. (for parents, caregivers, and eligible staff)
- Monday, Feb. 8, from 4:30 – 7 p.m. (for parents, caregivers, and eligible staff)
- Wednesday, Feb. 10, from 4:30 – 7 p.m. (for students in Grades 6 – 12 and eligible staff)
- Thursday, Feb. 11, from 4:30 – 7 p.m. (for students in Grades 6 -12 and eligible staff)

[Staff registration](#) for the summit is limited to BCPS employees represented by TABCO, school-based administrators, and central office supervisory staff. (Recordings of some sessions will be available for all staff to access following the summit.)

All summit participants must be registered for the event. [Registration](#) will be open from Monday, Jan. 25, through Friday, Jan. 29, or until all available spaces are filled. Space is limited, and registration is available on a first come, first served basis.

The summit is being presented by the Department of Social-Emotional Support, in collaboration with other BCPS departments and offices.

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[Baltimore County Public Schools](#), the nation's 25th largest school system, is focused on raising the bar and closing gaps to prepare our students for the future. Thanks to innovative and talented leaders, teachers, staff, and students, BCPS celebrates [many honors](#).