

# Social, Emotional, and Wellness (SEW) Talks

**Creating Space for Healing: An Open Dialogue for Educators on Trauma in the Classroom**

Lead Facilitator: Dr. Aaron Johnson

Dates: Thursday, December 14th from 6pm-8pm, Thursday, February 15th from 6pm-8pm,  
Thursday, March 28th from 6pm-8pm

**Elevating Educator Self Care**, Lead Facilitator: Dr. Lisa Pickett,

Date: Thursday, January 18th from 6pm-8pm

**From Trauma to Triumph: A Survivor's Journey of Healing and Educator's Role in Recovery**,

Lead Facilitator: Rochelle Leeper, LMSW, MBA

Date: Thursday, February 29th from 6pm-8pm

**Culturally Responsive Social and Emotional Learning**, Lead Facilitator: Dr. Heather Cunningham,

Date: Thursday, March 14th from 6pm-8pm

**Restorative Behavior/Discipline for Student Emotional and Social Well Being**,

Lead Facilitator: Dr. Heather Cunningham

Date: Thursday, April 11th from 6pm-8pm

**Practical Tips for Implementing Social and Emotional Learning in the Classroom**,

Lead Facilitator: Dr. Aaron Johnson

Date: Thursday, April 25th from 6pm-8pm

**Nurturing Strength and Resiliency: Empowering Educators for Sustainable Well-being**,

Lead Facilitator: Dr. Melissa Bell

Date: Thursday, May 23rd from 6pm-8pm

**To register for any of these virtual Social, Emotional, and Wellness Talks, please use the QR code or visit:**

**[bit.ly/ChathamSEWTalks](https://bit.ly/ChathamSEWTalks)**



SEW Talks is funded and supported by Project SEEKS SES, a grant partnership between the AIU and ACHD that supports ten school districts in addressing social and emotional health and looks to bolster a local pipeline of professionals to supporting fields.

# **Creating Space for Healing: An Open Dialogue for Educators on Trauma in the Classroom**



**Dr. Aaron Johnson**

Lead Facilitator: Dr. Aaron Johnson, Teach Plus PA Program Director, Adjunct Professor Chatham University

Co-Facilitators: Dr. Lewis and Dr. Harty, Chatham University

Dates:

- Thursday, December 14th from 6pm-8pm (Zoom)
- Thursday, February 15th from 6pm-8pm (Zoom)
- Thursday, March 28th from 6pm-8pm (Zoom)

Join us for an engaging and collaborative open dialogue designed exclusively for educators and pre-service educators who are witnessing the effects of trauma in their classrooms and/or field placements. This unique opportunity allows educators to come together, share their experiences, and engage in meaningful conversations about the impact of trauma on students' learning and well-being. In this safe and supportive environment, educators will have the chance to openly discuss the challenges they face, the observations they have made, and the strategies they have employed to support students who have experienced trauma. The session aims to foster a sense of community and connection among educators, recognizing that they are not alone in navigating the complexities of trauma in the classroom. Through facilitated discussions and group activities, participants will have the opportunity to share their insights, exchange ideas, and learn from one another's experiences. By coming together, sharing experiences, and engaging in open dialogue, educators can collectively work towards creating a more compassionate and inclusive educational system that supports the holistic well-being of all students.

# Elevating Educator Self Care

Facilitator: Dr. Lisa Pickett, Curriculum and Instruction 9-12 Literacy Coordinator, Founder and Director of Pickett Education Consulting

Co-Facilitators: Dr. Lewis and Dr. Harty, Chatham University

Date: Thursday, January 18th from 6pm-8pm (Zoom)

This interactive talk focuses on the importance of self-care for educators. Educators will learn more about the impact of self-care on their physical, mental, and emotional well-being. They will learn to recognize signs of burnout and stress and understand the benefits of prioritizing self-care. Educators will also learn about evidence-based practices for managing stress, setting boundaries, practicing mindfulness, and incorporating self-care into their daily routines.



**Dr. Lisa Pickett**

# Culturally Responsive Social and Emotional Learning

Facilitator: Dr. Heather Cunningham, Associate Professor of Education, Chatham University and Founder, Heather Cunningham Education

Co-Facilitators: Dr. Lewis and Dr. Harty, Chatham University

Date: Thursday, March 14th from 6pm-8pm (Zoom)

This talk will guide educators through reflection about their own cultural and racial background to recognize and connect with students' diverse backgrounds, experiences, and identities as necessary to promote their social and emotional well-being. By providing educators with supported self-reflection about their own cultural and racial background, this talk empowers educators to create inclusive and culturally responsive classroom that support students' holistic well-being and development.



**Dr. Heather Cunningham**

# **From Trauma to Triumph: A Survivor's Journey of Healing and Educator's Role in Recovery**



**Rochelle Leeper,  
LMSW, MBA**

Lead Facilitator: Rochelle Leeper, LMSW, MBA- Founder and Executive Director,  
Growing Hearts, Healing Hands

Co-Facilitators: Dr. Lewis and Dr. Harty, Chatham University

Date: Thursday, February 29th from 6pm-8pm (Zoom)

This talk focuses on the powerful and inspiring personal journey of a trauma survivor who has triumphed over adversity and found healing. This survivor bravely shares their story, providing a firsthand account of the challenges faced, the impact of trauma on their life, and the transformative power of the healing process. Through their narrative, the survivor sheds light on the various stages of healing, from the initial recognition and acknowledgment of trauma to the steps taken towards recovery and resilience. They share the strategies, resources, and support systems that played a crucial role in their healing journey, offering valuable insights and lessons learned along the way. Moreover, this presentation goes beyond the individual experience and explores the vital role that educators can play in supporting the healing process of trauma survivors. It delves into the ways in which educators can create trauma-informed environments within educational settings, fostering understanding, empathy, and resilience among students who have experienced trauma.

# Restorative Behavior/Discipline for Student Emotional and Social Well Being

Lead Facilitator: Dr. Heather Cunningham, Associate Professor of Education, Chatham University and Founder, Heather Cunningham Education

Co-Facilitators: Dr. Lewis and Dr. Harty, Chatham University

Date: Thursday, April 11th from 6pm-8pm (Zoom)

This talk will introduce educators to the foundations of restorative discipline and explain how restorative discipline can promote students' social and emotional well-being. By providing educators with foundational understandings as well as usable strategies to enact restorative discipline in the classroom, this talk empowers educators to create a community of learners where children are allowed to learn from their mistakes in behavior and demonstrate accountability – without being excluded from their classroom community.



**Dr. Heather Cunningham**

# Practical Tips for Implementing Social and Emotional Learning in the Classroom

Lead Facilitator: Dr. Aaron Johnson, Teach Plus PA Program Director and Adjunct Professor Chatham University

Co-Facilitators: Dr. Lewis and Dr. Harty, Chatham University

Date: Thursday, April 25th from 6pm-8pm Zoom

This talk focuses on providing educators with actionable strategies and practical advice for integrating SEL into their daily classroom practices. This talk recognizes the importance of fostering students' social and emotional skills alongside academic learning to support their overall well-being and success. By offering practical tips, resources, and guidance, and sharing ideas this talk aims to empower educators to create a positive and nurturing learning environment that promotes SEL.



**Dr. Aaron Johnson**



# Nurturing Strength and Resiliency: Empowering Educators for Sustainable Well-being

Lead Facilitator: Dr. Melissa Bell, Associate Professor and  
Social Work Program Director, Chatham University

Co-Facilitators: Dr. Lewis and Dr. Harty, Chatham University

Date: Thursday, May 23rd from 6pm-8pm (Zoom)



**Dr. Melissa Bell**

Join us for an inspiring and empowering talk designed to support individuals that serve youth in cultivating strength and resilience amidst the demands of their profession. In this engaging session, we will explore the importance of self-care and well-being for educators. We will delve into the unique stressors and pressures they face, and discuss practical strategies to enhance their mental, emotional, and physical health. Through open dialogue and interactive activities, participants will have the opportunity to reflect on their own well-being and learn from the experiences of their peers. Participants will gain insights into the impact of stress on their overall well-being and discover practical tools to enhance their resilience. Additionally, the session will focus on fostering a supportive community among educators, recognizing the power of connection and collaboration. Participants will have the chance to share their challenges, successes, and strategies with one another, creating a network of support and understanding. By attending this talk, educators will gain a deeper understanding of the importance of self-care and well-being in their professional lives.

## Co-Facilitators of SEW Talks



**Dr. Christie Lewis**



**Dr. Kristin Harty**