

# Marshfield SEPAC

---

Please join the Special Education Parent Advisory Council for an important presentation.

**ALL parents, caregivers, and staff are welcome to attend.**

## Destigmatizing Mental Health

When: Wednesday, October 6, 2021 at 6:00pm

Where: Seth Ventress Building at 76 South River Street (masks required)

Presenter: Elizabeth Cotter, M.S., L.P.C., Effective School Solutions

This workshop will help parents and caregivers have a better understanding of what mental health wellness means in a child: the signs and symptoms that can make a child appear “fragile”, or aggressive or withdrawn, as well as specific techniques for helping that child be more successful.

### **Sponsored by MARSHFIELD Special Education Parent Advisory Council**

SEPAC is an organization of parents, working in partnership with teachers and administrators, to promote innovative educational environments where children with disabilities have equal access to educational opportunities and all children are encouraged to reach their full potential.

**Presented by Elizabeth Cotter, M.S., L.P.C.** from Effective School Solutions. Ms. Cotter is a licensed professional counselor with a master’s degree in Community Counseling. She has over 15 years of comprehensive clinical experience specializing in work with children and families. She has worked in public and private school, private practice, and nonprofit agencies as a therapist, continuing education provider, and in clinical leadership roles. Her approach to her work with children and families is strength based and solution focused.

For planning purposes, please [click here to RSVP](#).

*The next SEPAC Meeting is scheduled for Wednesday, October 20 at 6:00pm  
Topics: Presentation on Parent’s Basic Rights in Special Education and Election of SEPAC  
Leadership for 2021-2022.*