

PROMOTING STRONGER CONNECTIONS

ECHO[®]

Strengthening Connections and Bringing Care to Schools

The program is open to ALL school-based personnel throughout the State of Maine.

teachers, social workers, counselors, nurses, ed-techs, administrators, and you!



The ECHO Series features regular virtual support sessions designed to be interactive, providing participants with opportunities to engage in case-based learning and expert-led discussions.

- **Problem-solving in Real-Time:** Case-based explorations and immediate answers to pressing issues faced by educators, including relevant recommendations and local resources.
- **Didactic Learning:** Short, focused learning opportunities on the most urgent topics affecting Maine's educators with key take-aways that include implementation tools and strategies to promote mental health and wellness.

SESSION DATES

5-MONTHLY SESSIONS in 2024 / 2025

DAY/TIME: 2nd Wednesday from 3:30 to 4:30

w/ optional 15-min post-ECHO breakout sessions

October 9, November 13, December 11, January 8, February 12

KEY TOPICS

- Regulation and Classroom Management
- Resilient Systems
- Restorative Practices
- Radical Self-Care and Wellness
- Establishing Bi-Directional Empathy

Join Us - Register Today

FREE - No Cost

Earn Continuing Education Credits

Receive information for how to connect to 5 ECHO sessions via iECHO Learning Platform.
Attending all ECHO sessions is encouraged but not required.



WANT TO LEARN MORE?
Contact: Sherri Billings
sbillings@MCD.org



This program is delivered by the Maine Department of Education's Office of School and Student Supports and MCD Global Health. Through MCD's partnership as a formal ECHO hub with the University of New Mexico, we deliver high-quality ECHO services that strictly adhere to the evidence-based model, ensuring fidelity and excellence. Together, we strive to provide the best possible support to Maine's educational community.

For more information about Project ECHO visit: <http://projectecho.unm.edu>



ECHO Runs on LOVE