



**Cohasset Learns TOGETHER: Virtual Speaker Series Aims to Increase Connectedness and Support Community Members during COVID-19 Shutdown**  
*Free virtual speaker series aims to teach Cohasset residents, what they can do to support their family, friends, and community, during & after the COVID-19 pandemic.*

*Cohasset, Mass., May 21, 2020* – The ongoing COVID-19 pandemic has completely changed life as we know it. With ‘social distancing’ and wearing a mask in public becoming the new norm, many of us are left wondering what we can do to support our family and friends during, and coming out of, the ongoing crisis. Luckily, Cohasset residents need to look no further than their local Public Health Department to find the answer!

After spending the last couple of months adjusting to the changes that were prompted by COVID-19 and working behind the scenes on a number of different projects, [Safe Harbor Cohasset Coalition \(SHCC\)](#) is back in full force with a three-night virtual speaker series scheduled for early June. The series, which is being dubbed ‘Cohasset Learns Together,’ aims to support Cohasset residents and their families during, and after, COVID-19, by teaching residents what they can do to manage their household, how to balance all of their different commitments, and what they can do to limit the negative impact that these changes might have on one’s mental-health.

Cohasset Learns Together, which will include three different speakers over the course of four nights in early June (June 1<sup>st</sup>, 3<sup>rd</sup>, & 4<sup>th</sup>), will cover topics such as, what parents can do to help support your elementary school children during COVID-19, how we can help our teens/tweens navigate home, family, friends and school during this time of quarantine, and tips for self-care and mental wellness of our children, families and friends during COVID-19. Each session will last approximately 45-minutes, followed by a Q & A session, where attendees will be given the opportunity to ask specific questions directly to the speaker.

**The schedule is as follows:**

- **Monday, June 1<sup>st</sup>** – Pandemic Parenting for Grades K-5 with Julie Cullen, LICSW, ED.M.
- **Wednesday, June 3<sup>rd</sup>** – Teens, Tweens, & Quarantines with Jon Mattleman, MS Counseling
- **Thursday, June 4<sup>th</sup>** – There is No Health Without Mental Health with Ivy Watts, MPH & Former NCAA Athlete

**To learn more or to register for any of these FREE events, visit:**

<http://safeharborcohasset.org/wp-content/uploads/2020/05/SPEAKER-SERIES-CLICKS.pdf>

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### **About Safe Harbor Cohasset Coalition (SHCC)**

Safe Harbor Cohasset Coalition is a community non-profit organization that focuses on preventing substance use, and various mental-health issues, in young people, by fostering a strong and inclusive community that allows young people to thrive and encourages healthy, educated and responsible choices about substance use. The mission is supported by evidenced based, prevention focused, sustainable policies, and youth-focused programs, such as Ground Level Café and the Safe Harbor Youth Ambassador Program.

To learn more, visit [www.safeharborcohasset.org](http://www.safeharborcohasset.org). Keep up to date on the latest trends by following Safe Harbor on Facebook at [www.facebook.com/safeharborcohasset](http://www.facebook.com/safeharborcohasset), on Twitter [@cohsafeharbor](https://twitter.com/cohsafeharbor), & on Instagram [@safeharborcohassetcoalition](https://www.instagram.com/safeharborcohassetcoalition).