



# Parent Academy Fall Series

~ SEL - SOCIAL EMOTIONAL LEARNING ~



## WHAT IS SEL?

**Presenters:** Brian Eichert & Amy Finkelstein

**Content:** Learn what Social-Emotional Learning (SEL) is all about and how to use our district's SEL site to navigate resources for your family.

**Date:** Monday, October 19th

**Time:** 7pm - 8:30pm

[Register Here](#)

## STRESS-MANAGEMENT & EMOTIONAL REGULATION (SELF-MANAGEMENT)

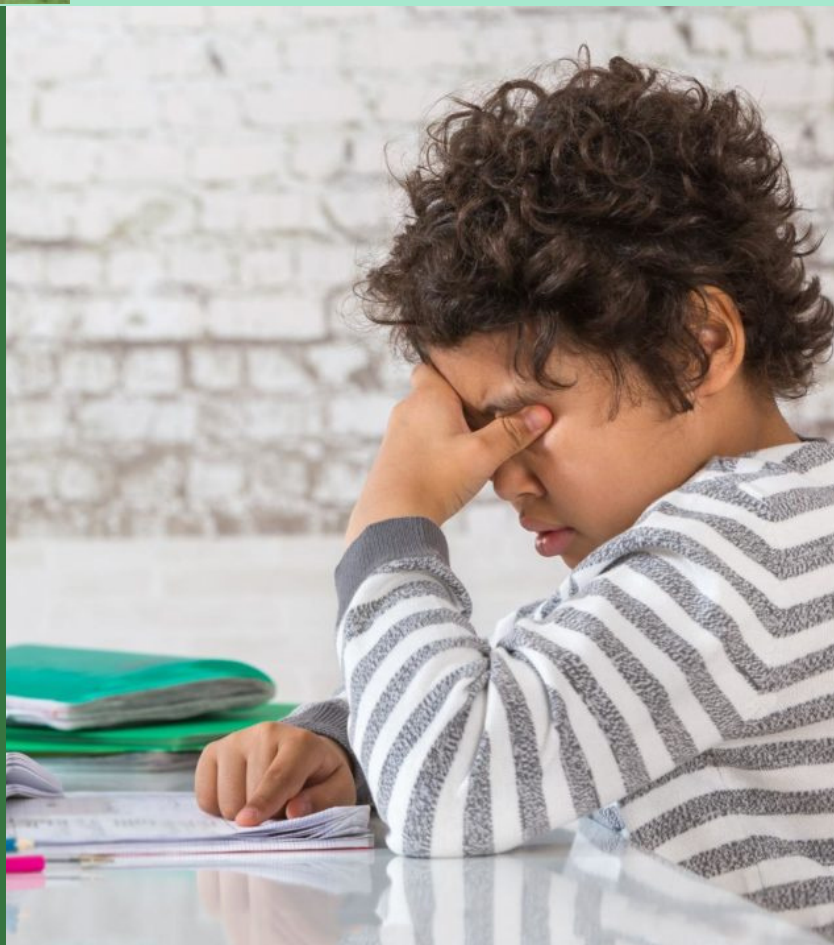
**Presenters:** Rebecca Hye & Michael Dugan

**Content:** Explore ways to help children (and adults) manage stress effectively and regulate emotions in a productive and safe way. Also learn how to access and use the district's Wellness site as a tool to support self-management and wellness at home. **Date:**

Tuesday, November 10th

**Time:** 7pm - 8:30pm

[Register Here](#)



## ELEMENTARY-AGED ORGANIZATION & EXECUTIVE FUNCTIONING SKILLS

**Presenters:** Jackie Turner, Amy Finkelstein, & Brian Eichert

**Content:** Participants will have the opportunity to explore what the SEL competency "self-management" means for their elementary aged students. Participants will walk away with a toolbox of strategies and interventions to help support students, specifically grades K-5.

**Date:** Monday, Nov 23

**Time:** 7:00pm - 8:30pm

[Register Here](#)



## SOUTH BRUNSWICK PARENT ACADEMY



- You may choose to attend any or all of the Fall Series offerings.
- All academies will be virtual - Zoom links are above and registration is preferred.
- Stay tuned for more offerings coming this Winter.