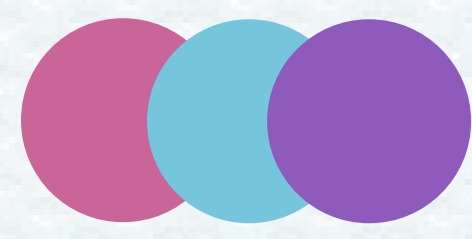


School-Based Mental Health and Wellness Introduces



Dr. Ernie Mendes

Presenting

EMOTIONAL INTELLIGENCE SERIES

Emotional Intelligence is the ability to manage both your own emotions and understand the emotions of people around you. There are five key elements to EI: self-awareness, self regulation, motivation, empathy and social skills.

Join Us In a Session for Parents to Get Answers to These Questions:



What should I expect from my child's behavior into this new school year?



How do I create a safe and productive learning environment for my child affected by outside influences: fires, homelessness, changes?



How do I muster and maintain mental and emotional strength when I have also been affected by current events?



Session Date

September 28, 2022
6:00pm - 8:00pm

Pre-Register
or join
anytime on
Zoom

ADDITIONAL SESSIONS TO MARK ON YOUR CALENDAR

For Parents

- October 26, 2022
6:00 pm - 8:00 pm

Zoom Address:
<https://bit.ly/ErnieMendes>



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Contact us

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