

# PERTH AMBOY PUBLIC SCHOOLS

## School-Family Collaboration Webinar Series: **Supporting Social Emotional Learning (SEL) at Home**

**Presenter:** Dr. Kara Ivey, Rowan University

### SESSION 1

#### **SOCIAL EMOTIONAL LEARNING (SEL): WHAT IS IT?**

January 20, 2022 • 6:30PM to 7:30PM

In this **first session** of this series, families will learn what SEL is, why it's important now and for the future, and how to begin to support SEL at home.

**NOTE:** Spanish translation will be provided

### SESSION 2

#### **STRENGTHENING OUR PARENT/CHILDREN RELATIONSHIPS**

February 2, 2022 • 6:30PM to 7:30PM

This **second session** will explore how to promote the ability to establish and maintain healthy and rewarding relationships for our children and ourselves while improving the parent/guardian-child relationship. A communication framework will be presented.

**NOTE:** Spanish translation will be provided

### SESSION 3

#### **EMPOWERING COPING WITH OUR CHILDREN**

March 3, 2022 • 6:30PM to 7:30PM

This **third session** will explore utilizing Self-Awareness and Self-Management strategies to build our children's emotional and behavioral coping skills.

**NOTE:** Spanish translation will be provided

### SESSION 4

#### **NAVIGATING CHILDREN'S SOCIAL CIRCLES**

May 18, 2022 • 6:30PM to 7:30PM

Our children's social relationships vary and are complicated. The **fourth session** will teach parents how to support their child's social awareness and promote healthy choices and responsible decision-making.

**NOTE:** Spanish translation will be provided

#### **Zoom Information:**

Join Zoom Meeting

<https://rowan.zoom.us/j/83068025265?pwd=cGxkVjJPV25RbXpzdlF6RGF5eG1MQT09>

**Meeting ID:** 830 6802 5265

**Passcode:** Smile

One tap mobile

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