



rethinkEd

# Introduction to SEL for Families/Caregivers

**Presenter: Colleen Carroll**  
MS, BCBA Professional Services Manager

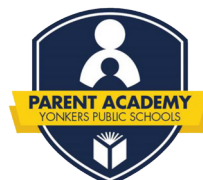
## An Introduction to Rethink Ed & Social Emotional Learning for Families & Caregivers

Yonkers Public School District and Rethink Ed have partnered to provide you with access to Rethink's Social Emotional Learning Program (SEL). In this workshop you will learn about the importance of Social Emotional Learning and how to access resources to support your social emotional wellbeing. Rethink Ed provides strategies and tools to help you and your child develop skills that aid in managing emotions like stress and anxiety, build better relationships with teachers, peers and loved ones, and be more successful academically and professionally in life. This workshop will be conducted in English with digital translation supports in Spanish.



### When:

- February 9<sup>th</sup> 2022 at 5:00 PM to 6:00 PM •
- February 15<sup>th</sup> 2022 at 5:00 PM to 6:00 PM •
- February 17<sup>th</sup> 2022 at 5:00 PM to 6:00 PM •



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