

Social and Emotional Learning Parent Group Series

Park Ridge Public Schools invites you to join our school-based therapist from West Bergen Mental Healthcare in this three-part parenting group on social and emotional learning.

Session One: Self-Esteem and Confidence

02/12/2020, 7:00 pm-8:00 pm West Ridge Media Center 18 South First Street, Park Ridge

This session will focus on teaching parents how to provide positive feedback and establish a growth mindset in your child(ren).

Session Two: Emotional Regulation

03/16/2020, 7:00 pm- 8:15 pm West Ridge Media Center 18 South First Street, Park Ridge

This session will assist parents in teaching and modeling emotional regulation skills to their children through labeling emotions, impulse control, stress management, and coping skills development.

Session Three: Social Skills

04/13/2020, 7:00 pm- 8:15 pm West Ridge Media Center 18 South First Street, Park Ridge

This session will assist parents in teaching and modeling social skills to their children through prosocial skills development, active listening skills, empathy, I statement, and relationship repair.

Please put a check mark on the line next to the group/groups you plan to attend and return to the main office

Name: _____ Phone #: _____ (in the event of inclement weather) Child's Grade _____

Group One _____

Group Two _____

Group three _____

Please return this bottom portion in an envelope to Ashley VanGelderren at East Brook or West Ridge Main Office



