



# Toms River Regional Schools

invites families

to participate in our annual

## SOCIAL AND EMOTIONAL LEARNING

## PARENT ACADEMY NIGHT



**Date: April 30, 2020**

**Time: 6 p.m. - 8 p.m.**

**Location: Hooper Avenue Elementary**



### Parents Can Register to Attend Two of the Following Workshop Titles:

- ★ I am Strong: Finding Your Superpower
- ★ Fostering Empathy in Your Child in Making Positive Community Connections
- ★ Empathy in Action: Raising Children's Emotional Intelligence
- ★ Meditation and Stress Reduction Activities for Families
- ★ Managing Everyday Stress
- ★ Time Management: Juggling all of Life's Balls Without Letting One Drop
- ★ Talking with Your Children about Race and Diversity
- ★ Supporting Your Child in Making Good Decisions
- ★ How to Successfully Incorporate Fitness and Nutrition into Your Daily Lives
- ★ Helping Children Find Inner Strength: Identifying and Managing Emotions
- ★ Building Skills and Habits of Social Comprehension
- ★ Role of Parents in Developing an Emotionally Aware Child
- ★ Building Awareness and Relationships Through Emotional Intelligence

### **REGISTRATION INFORMATION**

***Registration will be open 3/23/20 through 4/9/20 at 12:00PM***

Parents will be able to choose from the available titles and submit registration requests for two 45-minute workshops.

1. Visit [www.trschools.com/parentacademy](http://www.trschools.com/parentacademy)
2. You will need to set up an account (provide your email and create a password) "Register as a new user".
3. You can choose to register for either one or two sessions (each title will run twice). If a session is filled; please choose another session/title.
4. You will receive an email confirmation of your registration on or before 4/28/20 with additional information regarding the event.

***Toms River Regional Schools is proud to offer these free parent workshops sponsored by Title IV Funding. If you have any questions or concerns, please email [parentacademy@trschools.com](mailto:parentacademy@trschools.com).***