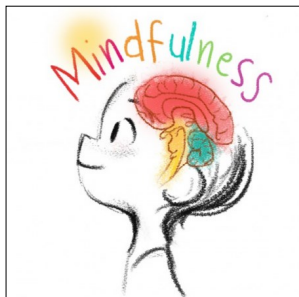


MENTAL HEALTH AND RESILIENT CLASSROOMS

Presented by the SRI&ETTC at Stockton University



This workshop, Mental Health and Resilient Classrooms, is designed to help teachers incorporate specific techniques in assisting students to deal with difficult emotions and develop resiliency strategies. This full day training will combine Further Along the Road of the Calm and Connected Classroom with the Balanced Teacher & Resilient Classroom.

Further Along the Road of the Calm and Connected Classroom follows up on material from The Calm and Connected Classroom while also delving into the topic of how attachment theory shapes classroom interactions. During this training, teachers practice social-emotional competencies such as reflective and empathetic listening, effective feedback and effective requests, de-escalation, and whole-brain communication. Teachers will also take a look at specific classroom techniques designed to help at-risk students deal with difficult emotions and make a plan to incorporate them in their classroom.

The Balanced Teacher & The Resilient Classroom training tackles the issue of student and teacher resiliency. In this training, teachers learn about and practice evidence-based techniques from the field of mental health and positive psychology to plan for the inevitable challenges and successes of the school year. Teachers are also coached on how to incorporate these resiliency techniques into their classroom in order to encourage students' emotional intelligence, problem-solving, self-regulation and resiliency. Teachers leave this workshop with personalized techniques to set and follow up on goals, as well as strategies to help students.

The Mental Health and Resilient Classrooms workshop will be presented by Joanna Schwartz.

Ms. Schwartz is a family counselor and the founder of Toolbox for Teachers. Ms. Schwartz holds a Master's Degree in Education, and a Master's Degree in Counseling with a concentration in holistic studies. Ms. Schwartz's interest in professional development for educators comes from her experiences as a K-8 teacher in Philadelphia.

For more information or to register, visit www.etc.net.

Date: October 9, 2019

Time: 9 a.m. to 3 p.m.

Cost: \$178 or 7 ETTC Hours

Course cost includes:

- Course Materials
- Certificate of Completion
- 5 Professional Development Hours

Location: SRI&ETTC
10 W. Jimmie Leeds Road
Galloway, NJ 08205
609.626.3850
www.etc.net



SRI&ETTC
Stockton University
School of Education

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