

LEARN & SHARE

Social Emotional Learning for Young Children

幼兒社會情感學習



United Way Avenues of Change presents a Learn & Share event on “**Social Emotional Learning for Young Children**” in English with Mandarin translation for families with young children living in Richmond.

Social Emotional Learning is the process of learning social and emotional skills throughout a student's years in school, but this approach is most successful if it is anchored in parenting practices. In this session, participants will learn about the five pillars of SEL and their role in helping children manage their emotions, show care, and have empathy for others resulting in healthier relationships. Simple techniques based in mindfulness will be shared to support self awareness and self regulation skills in children and resources will be shared for parents to explore.

Wednesday, November 27, 2019, 10:00 am to 11:30 am

Brighthouse Library Kids' Place (100-7700 Minoru Gate, Richmond)

幼兒社會情感學習

“幼兒社會情感學習” 英語 / 普通話講座，由列治文教育局社會情感學習統籌員介紹社會情感學習 (SEL) 的五個元素。幫助家長了解如何引導和鼓勵孩子正確地認識自己的情緒，讓幼兒學習提升社交技能和控制情緒，從而建立更健康的關係。主講嘉賓將分享正念訓練的簡單技巧。

2019年11月27日，星期三，上午10时至11时30分

列治文 Brighthouse 圖書館兒童部 (100-7700 Minoru Gate, Richmond)

Speaker 主講嘉賓 : Connie Easton

Coordinator, Mental Health, SEL & Counselling, SD 38 Richmond

Registration 報名: [Eventbrite.ca](https://www.eventbrite.ca)

Inquiry 查詢: Annie Leung 梁小姐

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扫描二维码在线登记

Info & Registration



United Way
Lower Mainland

