



**Workshop Series**

Brought to you through a partnership between the New Jersey Family Engagement Hub and SEL 4 NJ: Social Emotional Learning Alliance for New Jersey

# Empowered Kids: Building Self-Control and Responsibility

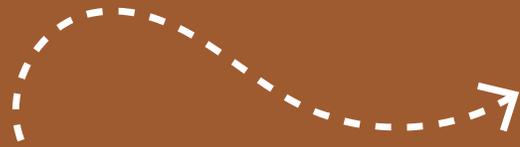
*Self-management is a life skill that helps children handle challenges and make good choices.*



## Tuesday, September 16, 2025

6:00 PM to 7:00 PM

[Registration Link](#) | Scan the QR Code to register



This workshop introduces parents to how children regulate emotions, manage stress, and stay focused. You'll learn how schools support this skill and leave with practical tools you can use at home to help your child build self-discipline and resilience.



**Presenter: Erica Brentan**



*The New Jersey Family Engagement Hub is a project of SPAN funded by the U.S. Department of Education.*