

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

