



St. Joseph Parish School Presents:

Parent and Caregiver SEL Workshop

Come together as a community to uncover a range of practical tools and insights to nurturing the SEL wellbeing of your whole family.

Sessions are led by facilitators from

The Institute for Social and Emotional Learning (IFSEL)

Thursday, September 23

@ 5-6:30 pm

Join the [Institute for Social and Emotional Learning](https://www.instituteforsel.net) for this Whole Community Event:

Communication and Conflict: Building and Repairing Relationships and Getting to Peace

This session offers parents and caregivers practical tools to build and maintain positive approaches to communication within the family and explores ways to repair and heal relationships when conflict arises or communication falters. We will focus on active and reflective listening, styles of communication, and practices for conflict resolution

[Register Now!](#)



About the Institute for Social Emotional Learning (IFSEL):

IFSEL leverages evidence-based social and emotional learning practices to empower educators, young people, and parents to transform their schools into caring, inclusive communities. Since 2009, IFSEL has designed and led professional development with 7000+ educators, from over 700 schools in the United States and abroad.

www.instituteforsel.net