



# GUILFORD PARENT ACADEMY

## Virtual Family Engagement Session

### Virtual Webinars for Parents & Caregivers

## Social Emotional Learning (SEL) Series

Currently, we are living in challenging times. As never before, we need to build our resilience and rely on our social and emotional skills for ourselves and our families. Social Emotional Learning (SEL) is the process through which adults and students develop the social and emotional skills necessary to thrive in college, career, and life. As a parent and your child's first teacher, these sessions help parents learn ways you can help your child develop SEL skills at home. Along the way, you may learn about yourself and strategies you can use to continue your social and emotional development.

**Sessions offered at 11:30 a.m. and 6 p.m.** Click [HERE](#) to register and learn more about each session. A link to join the session will be sent after registration.

- **September 28: Social Emotional Learning (SEL) 101 for Parents**
- **October 5: Bully Prevention Strategies for Parents Through an SEL Lens**
- **October 12: Self-Awareness/Relationships – Being an Emotional Coach**
- **October 19: Self-Management – Raising Emotional Resilient Kids**
- **October 21: Anti-Bullying and Internet/Cyberspace Safety**
- **October 26: Social Awareness – Effectively Working with Others – Part 1**
- **November 2: Relationships – Effectively Working with Others – Part 2**

To learn more about this workshop or other GPA offerings, visit [www.gcsnc.com](http://www.gcsnc.com), email [parentacademy@gcsnc.com](mailto:parentacademy@gcsnc.com) or call 336.279.4924.

*Guilford Parent Academy is a department of Guilford County Schools funded by the U.S. Department of Education. Guilford County Schools administers all educational programs, employment activities and admissions without discrimination because of race, religion, national or ethnic origin, color, age, military service, disability, marital status, parental status, or gender, except where exemption is appropriate and allowed by law.*