

# Social, Emotional and Mindful Learning Cohort

*A Cohort for Out-of-Schooltime Program Directors, Site Coordinators and other Leaders to Focus on Building SEML in their Programs*



- ❖ Up to 2 persons per program or agency are welcome and encouraged.

Participants will have the opportunity to:

- Learn what social, emotional, and mindful learning look like in a program
- Explore being mindful and what it means to teach mindfulness
- Understand the benefits of making and maintaining positive connections
- Discover how to implement and practice SEML every day
- Assess and build a SEML plan for your program with continuing resources

**Session 1:** Thursday, February 4, "What is SEML and Why are We Here"

**Session 2:** Thursday, February 18, "Self-Awareness and Management: Being Mindful"

**Session 3:** Thursday, March 4, "Social Awareness and Relationship Skills"

**Session 4:** Thursday, March 18, "Responsible Decision Making"

**Session 5:** Thursday, April 1, "Assessing and Building an SEML Plan for Your Program"

**Facilitators:** Rick Alleva, Ed.D.; NH ASMP WT, PC, F  
Amy Upton, M.S.; NH ASMP WT, PC, F, IM, ASA Level 4 and Leadership Level 5  
Abigail Blodgett; NH ASMP PM, WT, ASA Level 3 and ADS Level 6

**Time:** 9:30am - 11:30am all sessions are virtual via Zoom

**PD Hours:** 10 PD Hours. Attendance of all five sessions is required for PD credit.  
You will need an account in the NH Professional Registry at  
<https://nhportal.naccraware.net/nh/> by February 1<sup>st</sup>.

**Cost:** There is no cost to participate in this series.

**Questions:** Please call 206-6800 or email [acrossnh@seresc.net](mailto:acrossnh@seresc.net).

- ❖ *Continued Technical Assistance (TA) option available to all participants who complete the series.*

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**ACROSS NH** is a project of **SERESC** funded by the Bureau of Child Development and Head Start Collaboration.

Our goal is to provide statewide technical assistance and professional development opportunities to afterschool providers to support their work in creating high quality, innovative programs for schoolage children.

*Susan Gimilaro, Project Director • Cathy Hazelton, Project Assistant*