



A Comprehensive Resource for Out-of-Schooltime Staff

SOCIAL, EMOTIONAL, AND MINDFULNESS LEARNING COHORT

Trainers: Abigail Blodgett, B.S; NH ASMP PM, WT, ASA Level 3, and ADS Level 6, and Rick Allewa, Ed.D.; NH ASMP WT, F, PC

This cohort is for out of school time directors, site coordinators, and other leaders to focus on building SEML in their programs. Participants will have the opportunity to explain what social, emotional, and mindfulness learning look like. We will explore being mindful and what it means to teach mindfulness. Participants will assess the benefits of making and maintaining positive connections. Strategies and techniques to practice SEML every day will be presented. Participants will use resources to build a SEML plan for their program with input from staff, child, and family.

Thursday, January 27th, "What is SEML and Why are We Here"

Thursday, February 10th, "Self-Awareness and Management: Being Mindful"

Thursday, February 24th, "Social Awareness and Relationship Skills"

Thursday, March 10th, "Responsible Decision Making"

Thursday, March 24th, "Build an SEML Plan for Your Program"

Registration Deadline: January 21st

Cost: This training is free. Register in **Eventbrite**.

Session Info: This cohort is virtual. All sessions will meet from 9:30-11:30am. You will receive an email with an invitation to the Zoom meeting after you register in **Eventbrite**, and prior to the first session.

Questions: Please email cathy@seresc.net or call 603-206-6848.

Professional Development: Participants will receive 10 hours of in the NHCIS professional registry upon completing the series.



*Up to 2 people
per program
are encouraged
to participate*

**Technical Assistance
option is available
to all participants**

*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.*