



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 examine 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 27<sup>th</sup>, "What is SEML and Why are We Here"*

*Thursday, February 10<sup>th</sup>, "Self-Awareness and Management: Being Mindful"*

*Thursday, February 24<sup>th</sup>, "Social Awareness and Relationship Skills"*

*Thursday, March 10<sup>th</sup>, "Responsible Decision Making"*

*Thursday, March 24<sup>th</sup>, "Build an SEML Plan for Your Program"*

**Registration Deadline:** January 21<sup>st</sup>

**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](mailto: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.*