



MINDFUL COMMUNITY
TALKING MENTAL HEALTH
TOGETHER

Emotions 101:

Helping your child name and navigate emotions with Deborah Farmer Kris Child Development Expert & Author

**Practical Advice for Supporting Kids in Navigating Their Feelings and
Building Emotional Awareness, Social Competency, and Resilience.**

Deborah is a parent educator, education journalist, children's book author, and founder of Parenthood365. A child development expert, Deborah works as a parenting columnist for PBS KIDS and writes education for NPR's MindShift. Her work has also been featured in The Washington Post, The Boston Globe Magazine, CNN, and Oprah Daily.



**In person Thu, Nov. 7, 2024
7:00 - 8:30pm
Powers Hall, Needham Town Hall**

In partnership:



For more info:

<https://needhamcouncil.org/programs/mindful-community/>

This Event is Free and Open to All

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