



Learn techniques to use when helping your child manage their thoughts and emotions.

**Location: Gunpowder Elementary School
9540 Holiday Manor Rd. 21236**

**Date/time: Tuesday, February 5, 2019
6:00 – 7:00 p.m.**

Presented by: Mrs. Lizz Askine, MTSS Resource Teacher

Topics include: Social/emotional learning; Brain—based research; Breathing techniques/calming strategies; Relationship building strategies; Behavior management

Registration required. Please contact Rai Cary at
443-809-4496 or email rcary@bcps.org

