

Live Virtual Workshop

For Parents & Guardians



with national award-winning
teacher and speaker
R. Keeth Matheny



Promoting Resilience & Mental Wellness in Teens Through Social Emotional Learning

March 11th and March 22nd
7:00pm-8:30 PM
(Repeat sessions)

- How can we support students' emotional health during Covid-19?
- What is social and emotional learning (SEL) and why is it important?
- What is going on with the teenage brain?
- How can we use that understanding to help teens manage their emotions and make positive decisions?
- What does effective SEL look like in schools and in communities?
- How can we support building transformative programs for students?
- Reviews from prior participants: "Outstanding"~"Engaging"~"Inspiring!"

Please **PRE-REGISTER** for either [March 11](#) or [March 22](#)



A national award-winning teacher, author, and speaker, Keeth Matheny founded SEL Launchpad to provide SEL professional development. Keeth has launched SEL programs in over 360 schools across the U.S. and co-authored School-Connect, an evidence-based SEL curriculum used in over 2500 secondary schools. He is a frequent public speaker and keynote on SEL, MTSS (Multi-tiered Systems of Support), and emotional intelligence whose work has been recognized as best practice.