



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**PROJECT  
CORNERSTONE**  
A YMCA of Silicon Valley Initiative

# MIDDLE SCHOOL SOCIAL + EMOTIONAL LEARNING

A Project Cornerstone Curriculum for Middle Schoolers

## Training Dates 2023-2024

Date	Module/Topic
August 29, 2023	New Schools/New Facilitators Training
September 5, 2023	Module 1: Managing Emotions
October 12, 2023	Classroom Management Strategies Workshop
October 17, 2023	Module 2: Relationships
November 14, 2023	Module 3: Stress, Part 1
January 9, 2024	Module 4: Stress, Part 2
February 13, 2024	Module 5: Me and You, Part 1
March 26, 2024	Module 6: Me and You, Part 2
April 30, 2024	Module 7: Review and Survey

All trainings will be on Zoom from 4 pm to 5 pm. Trainings will also be recorded and can be accessed through the shared google drive. Trainings will incorporate a detailed overview of the module, a sample of how to teach the lesson and activities, and tips for effective facilitation and best practices.

Note: The Classroom Management Strategies Workshop will be from 9:30 am – 11 am in-person, location TBD.

To register for trainings, use this link:

<https://tinyurl.com/MSSSEL23-24>

Questions? Contact Debbi Headley, School Partnerships and Middle School Director, at [debbi@projectcornerstone.org](mailto:debbi@projectcornerstone.org)