



## **SEL Weekly Posting Information**

SEL Team April Newsletter - Counseling & Stress Awareness

4/13 - Family University - <u>Decreasing Conflict by Gaining Agreement</u> <u>hosted by The Empowerment Center</u>

4/20 - Family University - <u>Eating Disorders</u>, <u>Understanding How to Support</u> <u>Our Children hosted the Center for Discovery</u>

4/27 - Family University - Raising Happy Children Empowered by Mindfulness hosted by the Asian Pacific Counseling & Treatment Center