

HELPING OUR KIDS AND OURSELVES NAVIGATE EMOTIONS



Event Details

Where: Interactive Virtual Zoom Session

Speaker: Brittney Chatel, LMHC

Date: Thursday, November 13th, 2025

Time: 12:00 PM – 1:00 PM

Session Focus:

Emotional Recognition: Learning to identify and understand a range of feelings (for both kids and adults).

Kids' Coping Strategies: Practical tools to help children navigate and express their emotions.

Adult Self-Regulation: Techniques for parents to manage their own emotional well-being.

To Register, please click the
link or scan the QR code:
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Questions? Please email:

SchoolMentalHealth@northwell.edu

Frequently Asked Questions:

Is registration required for this program?

Yes. Registration is required for this webinar. Please use the link or QR code to complete registration.

When will I receive the webinar information for this program?

The webinar information will be sent to you after you register. Please do not share this information with others.

Will this session be recorded?

Due to the interactivity that we encourage during these lunch and learn sessions, to protect our participants privacy, we do not record these sessions. For recorded sessions, please visit our YouTube channel [here](#).