

SEL Strong- Social Emotional Learning Student Seminars and Roundtable Discussions



The SEL Strong initiative is designed to provide support and empowerment to their physical and mental well-being



Join us each first Wednesday of the month at 2:30 p.m. in the Media Center
Dates and Topics:

- **Sept. 6** Reacclimating to a new school or home
- **Oct. 4** Understanding the effects of drug and substance abuse
- **Nov. 1** Reducing anxiety
- **Dec. 6** Reducing social and emotional isolation and promoting inclusivity
- **Jan. 10** Promoting a healthy lifestyle
- **Feb. 7** Planning post-secondary goals

