

[WEBINAR TODAY] Strategies for Healthy Emotion Regulation During Uncertain Times

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To: Rita Cronise <rmc277@shp.rutgers.edu>

A promotional image for a webinar. It shows a woman with curly hair and glasses sitting on a couch, looking at a laptop. A man with glasses and a suit is shown in a smaller inset image, looking directly at the camera. The background is a dimly lit living room with a plant and a whiteboard.

Strategies for Healthy Emotion Regulation During Uncertain Times



Yale Center for Emotional Intelligence

Join our free webinar Tues. 6/16 @4pm EDT

Strategies for Healthy Emotion Regulation During Uncertain Times

Tuesday, June 16, 2020

4:00 pm ET / 1:00 pm PT

Have you been riding a roller coaster of emotions lately? You aren't alone. In this live webinar, **Dr. Marc Brackett, director of the Yale Center for Emotional Intelligence and author of *Permission To Feel***, will share strategies that can help make the ride a little smoother. Don't miss this interactive session where you will learn research-based strategies to support your own and your children's well-being, healthy decision making, relationship quality, and performance during these challenging times.

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