



*“The mental well-being of children and adults is shockingly poor. Marc Brackett, author of *Permission to Feel*, knows why, and he knows what we can do.”*

Marc Brackett is a professor in Yale University's Child Study Center and founding director of the Yale Center for Emotional Intelligence.

PERMISSION



UNLOCKING THE POWER OF EMOTIONS

TO HELP OUR KIDS, OURSELVES,

AND OUR SOCIETY THRIVE

Marc Brackett, Ph.D.

DIRECTOR, YALE CENTER FOR EMOTIONAL INTELLIGENCE

PROFESSOR, YALE CHILD STUDY CENTER

Interested in joining other parents for a book talk on Marc Brackett's book *Permission to Feel*?

Buy the book at to give NSES credit

Email SEPTA-NSES parent representative Carolyn Haydon at carolyn.haydon@gmail.com to RSVP for updates on location.

Meeting	Date:	Chapters	Time/Location:
#1	Nov. 18, 2019	Part 1/Chapters 1-3	7 pm/TBD
#2	Jan. 13, 2020	Part 2/Chapters 4-8	7 pm/TBD
#3	Feb. 24, 2020	Part 3/Chapters 9-11	7 pm/TBD