



“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.

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

Buy the book at [amazon smile](https://www.amazon.com/smile) 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