



**Find yourself needing a different way to ask
“how are you?”?**

Join in on the May 8th ProD day for a quick 1-hour
social-emotional session focused solely on
CHECK-IN's!

Check-in's are a great way to build into group meetings in order to set the tone, enhance self-awareness and group-awareness. Check-in's are helpful to use with a wide range of audiences including: yourself, students of all ages, staff, your own children, family, and friends. Walk away with a wide variety of ideas that you could use tomorrow.

Date: May 8, 2020

Time: 10am-11am

Location: Zoom

Target Audience: Anyone!

Register: Email eschaubel@prn.bc.ca to receive the Zoom invite