

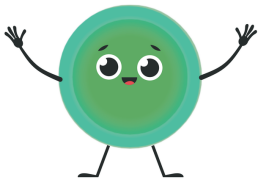
EMPOWERU PARENT / CHILD

It can be hard for a parent to know how to support their child in the important work of managing the many stressors in their life so they can be confident, self-directed children that can overcome life's obstacles with grace.

EmpowerU provides concrete easy to follow lessons that teach students to self-regulate, manage their big emotions and how to navigate situations by using their Inner Coach.

When families learn and reinforce the SEL skill set their child is learning at school, it results in a strong sense of community filled with meaningful connections.

ONLINE INTERACTIVE LESSONS



Quick and easy to follow lessons for parents to experience with their child. Lessons are narrated by Charge, a lovable character that represents our Internal Locus of Control (the ability to control our thoughts and emotions).



Each lesson includes three engaging videos that teach core concepts along with interactive activities to master core concepts.



Audio calming tools and family conversation prompts are provided as extras for families to use in-between lessons.

BENEFITS OF SOCIAL EMOTIONAL LEARNING

- Early introduction of social emotional learning builds a foundation of child resilience
- Normalizing mental "fitness" builds positivity
- Creating common language at home promotes social emotional growth and well being

WHY EMPOWERU:

Lessons are easy to follow and engaging for the parent and child. The techniques learned can be used in everyday life.

In just 15 minutes 2x/week parents will help their child improve self regulation - guaranteed.

Parents will learn how to help their child identify and manage their big emotions now and in the future.

Developed by two parent childhood clinicians with over 50 years of experience.

TESTIMONIALS

"EmpowerU equipped our family with the tools to help my child acknowledge and regulate their emotions." - Mom of 7yr old

"My family and I love this course! We often check in with Charge in challenging situations" - Dad of 4yr old

QUESTIONS? LET'S CHAT!

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