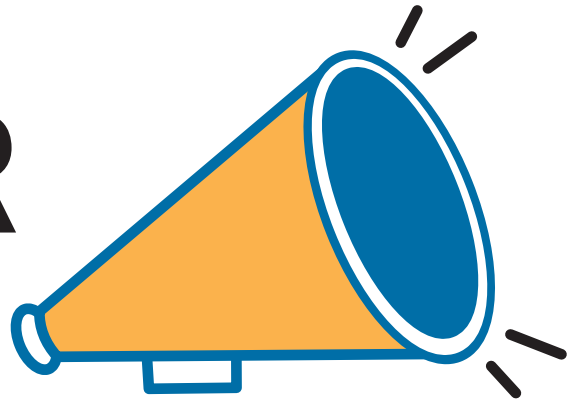


GalInEducation

SPEAKER SERIES



▲ Screening of the film *LIKE*

Monday, March 18, 6:30PM at Kromrey Middle School Cafetorium

LIKE is an IndieFlix Original documentary that explores the impact of social media on our lives. Technology is a tool. It's here to stay and social platforms are a place to connect, share and care, but what's really happening? Are we addicted? How do we stop? Where do we start? What do we need to know? By understanding the effects of technology and social media on the brain, on our lives and on our civilization, we can learn how to navigate it more safely together.

The filmmakers' goal for this film is to inspire people of all ages, especially kids, to self regulate. It's not about blame. It's about looking in the mirror and empowering ourselves to create balance in our lives and to learn to be there for each other.

▲ Intro to the Nurtured Heart Approach[®]

Thursday, April 18, 6:00PM at Alicia Ashman Library

More a relationship-building tool than a behavior management program, the Nurtured Heart Approach is used by parents, teachers and therapy professionals all over the world. Learn how intentional use of your energy and connection can inspire great behaviors and transform your relationships.

Tammy Holtan Arnol, M.S., was a teacher, school counselor and behavior coach in the Verona Area School District, where she gave Nurtured Heart Approach trainings and coached staff on their NHA practices. Currently, she teaches NHA to teachers across the United States.

▲ Mindfulness for Students

Thursday, May 30, 6:00PM at Common Ground Middleton

Join us for a discussion with Jamie Gale Gepner, Founder and CEO of little om BIG OM. Jamie combines her love of working with children, her love of yoga, and her love of helping others find their happy places to explore yoga and mindfulness with kids and families.