

# UNDERSTANDING THE EMOTIONAL BRAIN



Tuesday, March 19, 2024  
6:00-7:30 pm

Presented by:  
Joanna Silverman M.Ed

Emotions have an impact on learning. They influence our ability to process information and to accurately understand what we encounter. But how much do parents really know about emotions? There has never been a more important time to look more closely at how emotions impact our children. Youth are presenting with higher rates of anxiety, depression, suicidal thoughts, and substance abuse making it difficult for them to be fully present in the learning environment and functioning members of society. During this workshop we will explore the emotional system, gain a better understanding of how it impacts behavior and learn effective strategies to incorporate emotional resilience into parenting.

All are Welcome

Location:  
Blanche Ames Elementary  
50 Spooner Street,  
North Easton MA

Hosted by:  
Easton SEPAC

Contact: [eastonsepac@gmail.com](mailto:eastonsepac@gmail.com)



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