



Permission to Feel Online Book Study

Permission to Feel combines rigor, science, passion, and inspiration in equal parts. Too many children and adults are suffering; they are unaware of their feelings and emotionally unskilled, but they don't have to be.

Marc Brackett's life mission is to reverse this course and this book can show you how. Share in weekly online discussions and reflections of designated chapters and online postings throughout the week.

Presented by: Mary Lou Fasko

Educational Consultant and School Psychologist

Dates: Tuesdays, January 18th – February 8th, 2022 (4 weeks)

Time: 3:00 - 4:30 PM

Cost: \$50.00 - Participants are responsible for purchasing the book

Audience: General Public, Educators, Administrators, Parents, Mental Health Professional, and Support Personnel

To Register: [Click Here](#)

Questions: Contact Mary Pramik at
mary.pramik@escneo.org or 216-901-4229