



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, Oct. 5 - Nov. 9, 2021

Time: 3:00 - 4:00 PM

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

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

Registration: www.escneo.org Professional Development / calendar of events

Questions: mary.pramik@escneo.org or 216-901-4229