



The 3 Es



Emotion Regulation - Empathy for Self - Empathy for Others

A Free Social-Emotional Development Workshop

Join Erin Mills Connects community organization for a free workshop from the University of Toronto Mississauga's Centre for Child Development, Mental Health, and Policy

Date: Tuesday, June 6

Time: 6:30 - 8 p.m.

Location: South Common Community Centre, 2233 South Millway, Mississauga

Register for FREE by scanning the QR code or visiting: onpathway.me/3ES



Learn the 3 Es — Core components of social-emotional development: emotion regulation, empathy for self, and empathy for others. Gain practical strategies for yourself, your work and your family.

Erin Mills Connects was founded in 2016 by community members interested in building resources to assist children and youth. Today it promotes mental health, and creates learning opportunities for greater awareness. Email: info@erinmillsconnects.org

Thank You to Our Supporters



UNIVERSITY OF TORONTO
MISSISSAUGA
Centre for Child Development, Mental Health, and Policy

