

From HHH PTA Council's

Parent Resource/Task Force Committee and REACH CYA ...

Join us for a FREE Parenting Seminar

Continuing our conversation with...

Steven Pinto, LMHC

Licensed mental health counselor, psychotherapist, executive coach, motivational speaker and school district consultant.



The Importance of Emotional Intelligence: And how you can help your child develop this crucial skill.

Thursday, April 28, 2022 7:00-8:00pm

Fran Greenspan Administration Center 525 Half Hollow Rd., Dix Hills

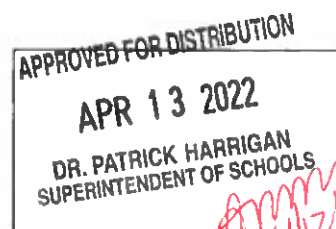
By popular demand, Steve Pinto returns to continue our conversation!

Learn how Emotional Intelligence/EQ, is linked to developing resilience, navigating stress, and improving mental health.

Discussion includes:

- Importance of increasing distress tolerance
- Practice of delayed gratification
- Parent stress and how we can maintain healthy communication in our families and relationships.

Great for
parents with
kids of
all ages!



For more info email: hhhprctaskforce@gmail.com

**Questions? Call Stephanie Gurin 516-236-2781, Saba Ahmed 516-280-0110
or REACH CYA 631-549-9417**

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