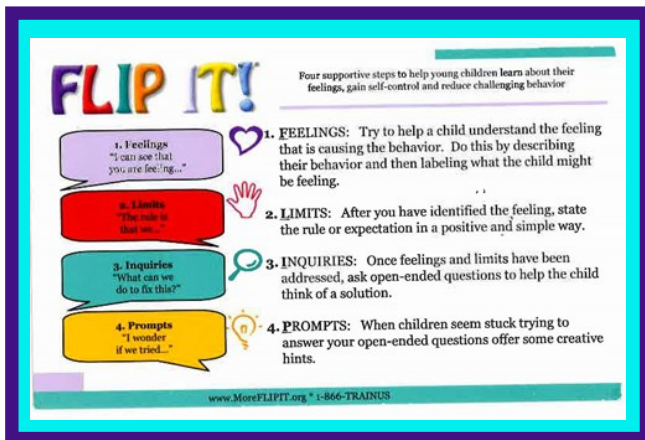


# Food for Thought

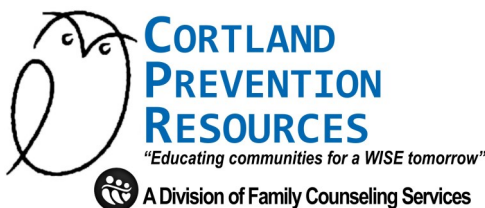
## Importance of Social and Emotional Development

Learn about the correlation between social and emotional development and how it impacts challenging behaviors. The “Flip It” strategy is a four step approach to help children and adults learn about feelings, gain self control and reduce these challenging behaviors.



Tammy Goddard is a Certified Trainer for the Devereux Center for Resilient Children from Villanova, PA. She has been training teachers for the past 13 years. She has also been in the early childhood field for 27 years...6 years as a teacher and 20 years as a director.

Food for Thought programming  
is a collaboration of:



**Wednesday, October 10th, 2018**

**Noon - 1 pm**

**Cortland Elks Lodge #748 (9 Groton Avenue)**

**Free, lunch will be provided**

RSVP to:

[FoodForThoughtRSVP@gmail.com](mailto:FoodForThoughtRSVP@gmail.com)

or 607-756-8970 Ext 256