

**life's great moments!**

**Good friends  
make...**



[www.TMHSEL.org](http://www.TMHSEL.org)  
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**the meeting house**  
Inspiring Social and Emotional Growth Through Community and Connection

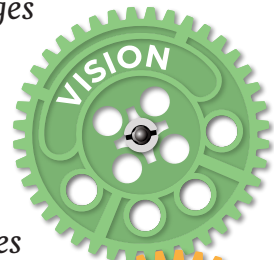
Social emotional competency may be the most important personal asset that enables a person to thrive.

Our vision informs how we develop SEL skills to help people successfully achieve their potential.

# enVision

## OUR VISION

Help people of all ages develop their social and emotional selves in ways that empower them and inspire community throughout their lives



## OUR MISSION

Inspire "Fun, Friendship and Community" between people and their world

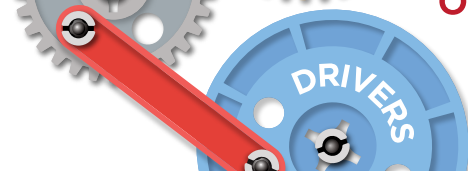
## OUR VALUES

Communication  
Collaboration  
Diversity  
Respect  
Authenticity

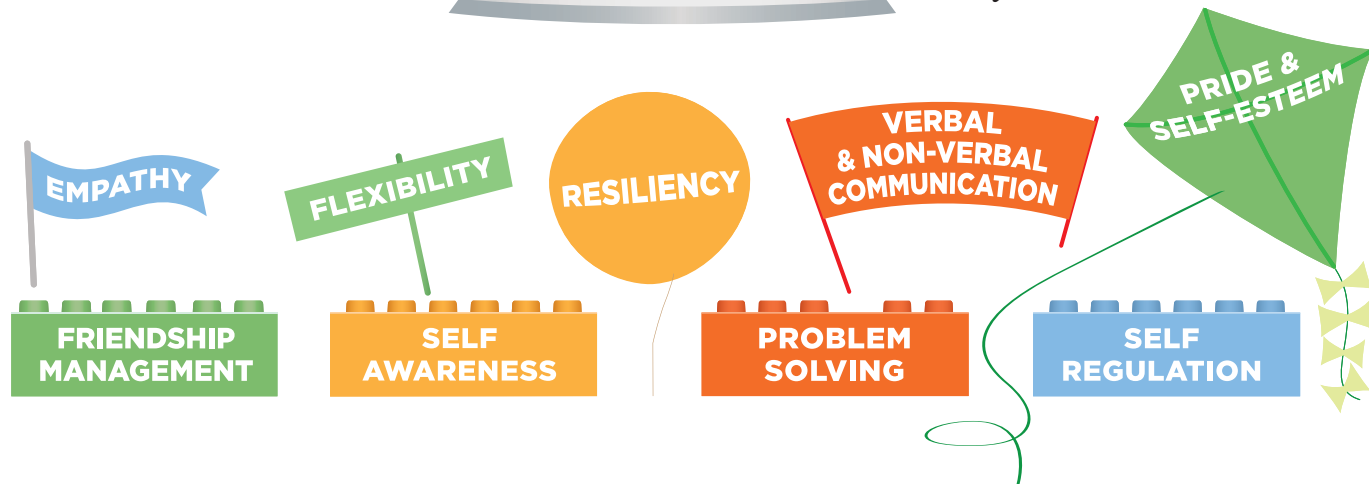


## OUR DRIVERS

Therapeutic Support  
Conversation  
Recreation  
The Arts  
Inclusion  
Passion  
Play



**SEL links emotions with how we relate and understand others**



From the onset, The Meeting House envisioned an innovative approach to Social Emotional Learning (SEL) that would offer a rich program mix of activities guided by professionals and peer mentors.

The growing body of research studies consistently demonstrates that social and emotional skills play an important role for people of all ages. These non-academic and non-cognitive soft skills once hovered outside the realm of consideration, but are now linked to increased academic performance, decreased anti-social behavior, and positive mental health.

Through our wide range of diverse programs, we serve a broad mix of 4-18 year old people, who come from mainstream, special needs and under-served populations.

The Meeting House is a not for profit organization that has been operating after school programs in New York City for fourteen years.

The Meeting House philosophy guides how we nurture Social and Emotional growth.

Showing people how to understand and express emotions, helps them create positive relationships.

Our programs provide social skills in action, that nurture emotional growth.

# inSpire

joyful gloomy lonely peaceful  
amazed pessimistic pleased  
angry annoyed proud shy  
relaxed relieved feel awed  
respected loved sad capable  
safe caring scared anxious  
sorry confused strong we optimistic  
happy stubborn like hurt surprised  
great feeling sympathetic  
discouraged thankful love  
uneasy truthful silly uncertain  
understood will worried  
grateful embarrassed happy encour-  
aged nervous full jealous friendly  
envious frustrated excited today

People at the Meeting House are encouraged to identify and express their feelings by using clear honest language to build self awareness, empathy and relationships.

Social emotional competency yields lifelong benefits of self-esteem and connection.



### Empathy & Compassion

These essential skills are critical to building caring relationships.

### Verbal & Non-Verbal

Powerful signals can be sent to others from spoken words as well as through tone, facial expressions and body movements. Strong verbal and non-verbal skills lead to relationship success.



### Conversation Skills

Talking, listening and responding is about taking turns, speaking politely and not interrupting, improving conversation skills, and enhancing ones own communication ability among peers.

### Developing Friendships

The skills of friendship are refined through trial & error. The more opportunities to try out with others, what works and doesn't, the greater likelihood that social competence will develop in yourself.

### Self-Awareness & Self-Regulation

Being able to resist urges, knowing how to calm down and adjust to new behavioral expectations can empower a

healthy personal self-understanding.

### Understanding Emotions

Understanding, integrating and labeling emotion is an invaluable tool, that fosters a more emotionally balanced, stable and mentally healthy life.

### Flexibility & Resilience

These coping skills help maintain a more positive outlook and help one adapt better to adversity, disappointments and pressure. They are also critical toward sustaining a reciprocal friendship.



### Pride & Self-Esteem

Positive feelings stemming from self-acceptance or self-confidence help people try new challenges, cope with mistakes, and try again. Taking pride in our abilities and accomplishments helps us all do our best.

A kind word can change some one's entire day

Social emotional skills assist people to become their best and engage with others to create community and connection.

Individuals develop healthy identities and manage emotions to achieve personal and collective goals.

# reAction

We make sure that

**everyone is included**

One person speaks at a time to show **respect**

When I **reach out** my hand, someone always takes it

Everybody is **DIFFERENT** and it's good to be different

We learn how to be **calm** even when things are hard

All types of kids can come... you just have to **be nice**

All our differences make us stronger as a **community**

We handle conflict by talking and **listening** to each other

No one judges **YOU** for your skin tone or how you look

We will say sorry and **shake hands**

We can just **be ourselves**

Thoughts from our community on collaboration and connection at the Meeting House.

*At TMH we also provide age specific programs for young and old. These uniquely designed peer groups, create a transformative experience of fun, friendship & community.*



## Teens

Teens at the Meeting House share a place to connect with peers and compare how to navigate their growing personal identity. Our supportive environment lets teens openly converse and relate to each other about everyday social challenges at home, at school and out in their community.

Our experienced social worker and staff relate easily to teens, with activities that include group dinners, interactive team building games, visual media and role playing exercises. In Person or on ZOOM, we help teens explore their lives and improve their social interactions in fun, meaningful, and accessible ways.

## Young Adults

The leap to college is loaded with challenges for teenagers. We focus on the transition into college and provide emotional support, social skills training, help with executive functioning, and more. Learn how to cope with new college life challenges and its range of emotions effectively through proper self-care and prioritization of mental health.

Though parents can offer long-distance relief, when college students remain too emotionally dependent on their parents, they suffer gaps in their maturity. College support groups help students to develop the confidence to stand on their own and become self-reliant.

**How  
you  
make  
others  
feel  
about  
them  
selves  
says  
a lot  
about  
you**