

life's great moments! Good friends make...



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the meeting house
Inspiring Social and Emotional Growth Through Community and Connection

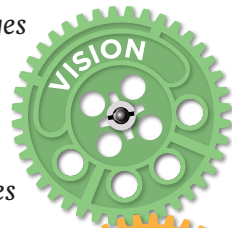
enVvision

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.

OUR VISION

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

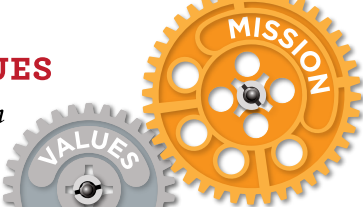


OUR MISSION

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

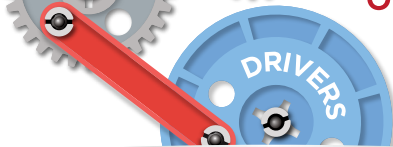
OUR VALUES

Communication
Collaboration
Diversity
Respect
Authenticity



OUR DRIVERS

Therapeutic Support
Conversation
Recreation
The Arts
Inclusion
Passion
Play



SOCIAL EMOTIONAL LEARNING OUTCOMES



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



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 proves 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 thirteen years.

inSpire

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

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

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 the language above to build self awareness, empathy and relationships.



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.



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

Conversation Skills

Talking, listening and responding is about taking turns, speaking politely and not interrupting. Children can improve their conversation skills and enhance their own communication among peers.

Developing Friendships

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

Self-Awareness & Self-Regulation

Being able to resist urges, knowing how to calm down, adjusting to and practicing new behavioral expectations can empower healthy personal understanding.

Understanding Emotions

Helping children understand, integrate and label emotions is an invaluable tool, that enables them to lead a more balanced, emotionally stable and mentally healthy life.

Flexibility & Resilience

These coping skills help maintain a more positive outlook and help children 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 kids try new challenges, cope with mistakes, and try again. Taking pride in their abilities and accomplishments helps kids do their 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**

Our community shares their perspective on the Meeting House experience.

We also provide age specific programs for people young and old. They are uniquely designed for your peer group, to create a transformative experience of fun, friendship & community.

Juniors

We help children *model, practice, reinforce and generalize* valuable social skills that will help them successfully navigate their life's journey. Sessions are led by our highly supportive professional staff (high adult to child ratio) which includes an early childhood social worker and senior educator. Our Juniors sessions provide a focus to build social skills and emotional resiliency using play as our platform for fun and learning. Your child will socialize with peers, learn through play and gain the essential *Social Emotional Skills* that are needed to make friends, learn in a group and maintain relationships.



School Age

Meeting House Kids is a place to join together as an age appropriate community to socialize, have fun and grow together. Zoom and in-person sessions are led by professionals along with teaching artists and peer role models. Our elementary age after-school sessions provide a focus to build social skills and emotional resiliency. During our time we play, make friends, and strengthen relationships. We begin each session with a warm-up experience, followed by skill-building activities. We help children Model, Practice, Reinforce & Generalize valuable social skills that will help them successfully navigate their life's journey.



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 Team relate to teens easily 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 Adult

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 other issues. Learn how to cope with the college life challenges and range of emotions in effective ways 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**