



CRPA SPRING QUARTERLY

Thursday, April 7, 2022




choose love



COURAGE + GRATITUDE + FORGIVENESS + COMPASSION = THE CHOOSE LOVE FORMULA The Way Forward

| SCHEDULE | |
|----------------------|---|
| 9:30 am - 10:00 am: | Registration |
| 10:00 am - 12:00 pm: | Choose Love Kickoff with Scarlett Lewis 0.2 CEU's |
| 12:00 pm - 1:00 pm: | Lunch |
| 1:00 pm - 3:00 pm: | Overcoming Compassion Fatigue (live streamed) 0.2 CEU's |

LOCATION



Newtown
COMMUNITY CENTER

8 Simpson Street
Newtown, CT 06470

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REGISTRATION *First 50 CRPA members to register may attend for free! (limit 3 per department)
Free AND paid registrants that do not show without cancelling prior to 3/24/22 will be billed the full amount.*

Town/Org: _____ Email: _____ Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

1. _____ Title: _____ FREE! Member \$35 Non-Member \$45

2. _____ Title: _____ FREE! Member \$35 Non-Member \$45

3. _____ Title: _____ FREE! Member \$35 Non-Member \$45

**if more than 3 registrants, please use additional forms*

PAYMENT INFORMATION

Total: \$ _____ Invoice Check Credit Card (CRPA will email you an invoice which is payable online)

CANCELLATIONS, REFUNDS, AND LIABILITY

CANCELLATIONS/REFUNDS: No refunds will be issued for cancellations made after 3/24/22. Cancellations must be received in writing via email to info@crpa.com or val@crpa.com. Should CRPA cancel the event or the event be canceled due to a government shutdown (force majeure) your choice of either a refund or a credit for the 2023 event will be issued. Please note, all refunds will be issued via check, regardless of initial method of payment.

PHOTO RELEASE: CRPA, Inc. reserves the right to use photos of attendees for marketing purposes including but not limited to: print advertisements, online, and social media.

LIABILITY: CRPA, Inc. and the Town of Newtown and their employees and volunteers will not be responsible for any injury, illness, exposure to illness, loss or damage that may occur to the attendee, nor to the attendee's employees from any cause whatsoever, prior, during, or subsequent to the period outlined on this registration. The attendee, on submitting this registration to CRPA, expressly releases and agrees to hold harmless the above-mentioned CRPA, Inc. and the Town of Newtown and their employees and volunteers from any and all claims for such loss, damage, injury, illness, or exposure to illness. Attendee(s) are personally responsible for observing health and safety guidelines and/or laws outlined by the federal, state, and local authorities including but not limited to: wearing face coverings, maintaining social distance, and/or sanitization standards.

Return to: CRPA, 135 Day St., 2nd Floor, 2H, Newington, CT 06111 | Phone: 860.721.0384 | Email: info@crpa.com

10:00 am 12:00 pm: Choose Love Kickoff with Scarlett Lewis

Scarlett Lewis, founder of the Jesse Lewis Choose Love Movement, will discuss the organization she created as part of the solution to the issues we're seeing in schools and throughout our communities. Through her story, participants will discover how to Choose Love in any circumstance. Participants will learn about the essential life skills taught through this NO COST, comprehensive, Character Social Emotional Development program (CSED) that was developed by Scarlett's organization. While this program is suited for all ages and stages of life, join us to learn how you can incorporate this into your youth camp and after school programs. Learn to teach youth that they can become connected, resilient, and empowered when they Choose Love.

This session will offer participants ways to integrate social-emotional practices into their communities through understanding and practicing the transformative Choose Love Formula: Courage, Gratitude, Forgiveness, Compassion. Participants will be nourished and empowered to take a proactive hands-on approach to transform community programs into positive learning environments to effectively support the needs of today's youth.

Outcomes:

- Participants will come away with an understanding of what the Choose Love Formula is - why it was created, what it includes and how to apply it in their programs.
- Participants will be able to apply and implement simple practices in their daily lives to combat fatigue and anxiety.
- Participants will understand how choosing love empowers and how they can thoughtfully respond to challenges, taking their personal power back.



About the Speaker: Scarlett Lewis founded the nonprofit Jesse Lewis Choose Love Movement after her six-year-old son's murder in the Sandy Hook tragedy in 2012. She became part of the solution to the issues in society and that also caused the tragedy and advocates for social-emotional learning and character education. She's the author of *Nurturing Healing Love: A Mother's Journey of Hope & Forgiveness*, a memoir of her journey toward choosing love and forgiveness, and *From Sandy Hook to the World: How the Choose Love Movement Transforms Lives*, an in-depth look at how Scarlett founded the Movement and its impact around the world today. The Movement's Choose Love for Schools Program is a no-cost, comprehensive, lifespan, next generation, SEL and character development program, empowering educators and students to choose love, handle adversity, and manage their emotions. Choose Love programming is extended into homes, communities, athletics, and the workplace, and has been accessed in all 50 states and more than 100 countries. Speaking across the US and internationally to diverse audiences, Scarlett urges everyone to become part of the solution, dedicating her life to helping children and adults around the world to thrive mentally, socially, and emotionally, and she has been instrumental in changing legislation to incorporate SEL into schools. In 2021, Scarlett was named a Forbes 50 over 50 Impact Honoree, one of 50 women leading the way with impact and changing their communities and the world in ways big and small through social entrepreneurship, law, advocacy and education.

1:00 3:00 pm: Choose Love Trauma Informed Workshop to Aid in Overcoming Compassion Fatigue (live streamed)

The pandemic has created "burn-out" among many professions, especially those, whose jobs are centered around coordinating care for youth. This "burn-out" cannot be cured by shortened meetings, notes of encouragement, or working fewer hours. Youth program leaders will be taught tools and skills to help manage emotions, making positive choices, cultivating authentic connections, and how to be resilient in the face of adversity. This Choose Love workshop focuses on loving yourself FIRST! SEL techniques and strategies are taught to help individuals feel more confident and equipped to integrate these essential practices within their personal life. Participants will familiarize themselves with Choose Love Programming by engaging in FUN, interactive wellness practices, and mindfulness/mental fitness. In return, this will aid individuals in supporting needs of the youth they service.

The Choose Love Formula is based on the profound result of practicing the character values inherent in "Nurturing Healing Love":

- **Courage** to work through obstacles despite feeling embarrassment, fear, reluctance, or uncertainty
- **Gratitude** to be thankful even when things in life are challenging
- **Forgiveness** towards yourself or someone else, to surrender thoughts of revenge, and to move forward with your personal power intact
- **Compassion** of a problem or the suffering of another and acting to solve the problem or alleviate the suffering

The transformational benefits of giving and receiving "Nurturing Healing Love" apply to all walks of life. Through the Choose Love Formula™ and supplemental resources: Character Education, Post Traumatic Growth, Mindfulness, Positive Intelligence, Growth Mindset, and Neuroscience, participants will fortify their own social, emotional health and well-being, while learning therapeutic modalities and creative ways to bring these lessons into their programs. This workshop creates a safe space for participants to reconnect to the heart, as it helps to heal from the inside out.

Outcomes:

- Develop a holistic understanding of social emotional learning with the "self" in the center.
- Enhance personal mental well-being and professional sustainability through mindfulness/mental fitness and Choose Love SEL practices.
- Understand the importance of incorporating SEL into recreation programs.
- Generate fun and connection through shared learning and community building.
- Learn foundations to integrate Choose Love SEL practices into their personal and professional life to cultivate a positive, healthy, mental and emotional state of being in order to live and lead with love.

About the Speaker: Julia Richter has a BA in Elementary Education and Minor in Dance. She received her Masters Degree; "Integrating the Arts in Education" from Lesley University and taught arts based programming in inner city schools to help cultivate strong, authentic relationships and build levels of trust, integrity, respect, and confidence. She became a certified Growth Coach through Lifeforming Leadership Coaching and received her certification in Mindfulness & Social Emotional Learning and Positive Intelligence. Julia took her experiences of teaching, coaching and social emotional learning to create the "C.A.R.E.S." Coaching Program for Schools. In "Cultivating Authentic Relationships in Education System," Julia coaches creative strategies and social emotional well-being practices to unite and empower educators and school leaders in becoming the best versions of themselves, and to cultivate strong, healthy connections that will help build morale and positive, successful school cultures. Julia is ecstatic to join forces with the amazing Choose Love Movement to help our schools flourish to become the absolute best, safest, loving, nurturing, learning environments they can possibly be.

