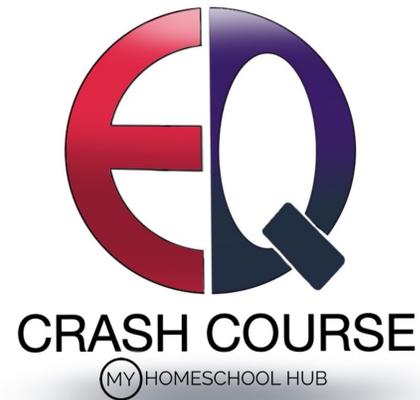


EQ CRASH COURSE

	Chapel	Library
Opening Session 1 Friday, 6pm-6:45pm	Parents & Teens with Noble & Courtneyrose	Empty
	<ol style="list-style-type: none"> 1) The current state of emotional health in the U.S 2) The current state of emotional health in families 3) The current state of emotional health in teens 4) Define EQ 5) Why emotional health & emotional intelligence is so important in parents 6) Why emotional health & emotional intelligence is so important in teens 	
Session Two Friday, 7pm-7:45pm	Teens with Courtneyrose	Parents with Noble
	<ol style="list-style-type: none"> 1) What is Mental Health & why is it important 2) What factors impact mental health 3) What is unique about mental health from a teens perspective 4) How does culture, society, and a global pandemic fit into your mental health today 5) What signs and symptoms to look out for in yourself/your friends of mental illness and suffering 6) Trauma, depression, suicide, substance abuse, addictions, etc 7) When and how to ask for help 	<ol style="list-style-type: none"> 1) Define emotional / EQ terms: <ul style="list-style-type: none"> - EQ - trauma - childhood emotional neglect - processing - holding space - boundaries - offense - hopelessness - helpless 2) Conduct an Emotional Audit
Session 3 Friday, 8pm- 8:45pm	Teens with Noble	Parents with Courtneyrose
	<ol style="list-style-type: none"> 1) Define emotional / EQ terms: <ul style="list-style-type: none"> - EQ - trauma - childhood emotional neglect - processing - holding space - boundaries - offense - hopelessness - helpless 2) Conduct an Emotional Audit 	<ol style="list-style-type: none"> 1) Why mental health is SUCH an important topic right now 2) What factors may impact the mental health of your teen 3) How does culture, society, and a global pandemic fit into the mental health of our teens 4) What signs and symptoms to pay attention to <ul style="list-style-type: none"> -Trauma, depression, suicide, substance abuse, addictions, etc 5) When to seek treatment



	Chapel	Library
Session 4 Saturday, 9am-9:45am	Teens with Courtneyrose	Parents with Noble
	1) Seeking services: Where to start 2) Types of therapy to consider/alternatives to psychopharmacology 3) Combating depression, preventing suicide, treating substance abuse/addictions 4) How to help friends who are struggling and set good boundaries 5) Skills to implement today 6) Resources	1) Understanding personality & its role in behavior & emotional trends/themes 2) Understanding where you're at: - identity - expression - boundaries
Session 5 Saturday, 10am-10:45am	Teens with Noble	Parents with Courtneyrose
	1) Understanding personality & its role in behavior & emotional trends/themes 2) Understanding where you're at: - identity - expression - boundaries	1) Seeking services: Where to start & levels of care 2) Types of therapy to consider/alternatives to psychopharmacology 3) The importance of open communication, de-stigmatization, involving community and creating support systems 4) Take care of yourself so you can take care of your teen 5) Resources
Closing Session 6 Saturday, 11am-11:45am	Parents & Teens with Noble & Courtneyrose	Empty
	1) 20 Principles of EQ 2) Individual EQ Exercises 3) Closing remarks of encouragement	

Friday, October 14, 2022 6am-9pm
 Saturday, October 15, 2022 9am- 12pm

The Road @Chapel Hills
 2025 Parliament Dr, Colorado Springs, CO 80920

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