

# **S.E.A.L. Social Emotional Awareness Literacy Program for ages 2-5**

**sign up  
today!**

**12 sessions for kids, with 2 additional  
parent support sessions!**

**S.E.A.L. Is designed to help build your  
toddler's emotional regulation and  
social skills.**

**We will do this through storytime,  
singing, playing and more!**

**Sessions will start April 8, 2023  
at 8:30am**

**Contact: Tara Jogie, LPC, RPT, NCC, RYT  
at [tarajogeelpc@gmail.com](mailto:tarajogeelpc@gmail.com) for more  
information or to register!  
[www.tarajogie.com](http://www.tarajogie.com)**

**Location: Little Chicken  
35 First Ave  
Atlantic Highlands, NJ**

