

# FREE TRAINING EMOTIONAL & SOCIAL INTELLIGENCE

- ✓ Improve emotional resilience
- ✓ Manage your emotional state effectively
- ✓ Enhance communication skills
- ✓ Build cultural awareness
- ✓ Reduce implicit bias
- ✓ Learn strategies to de-escalate tensions

## SEPTEMBER 11, 2025

Thursday | 9:00 - 11:00 AM

ISU Alumni Center | 1101 N. Main St. Normal, IL

Presenter: Sgt. Mike Gardner with ISU Police



Scan or click  
[here](#) to register!

Deadline:  
September 5th



**B/N**  
PARENTS



Co-sponsored by ISU Health  
Promotion and Wellness

**Questions or concerns? Please contact [mcleancountyrosc@gmail.com](mailto:mcleancountyrosc@gmail.com)**

McLean ROSC is funded in whole by the Illinois Department of Human Services,  
Division of Behavioral Health and Recovery.