

## About the 4Korners Project

The 4Korners network started a process to implement training and activities to improve or maintain mental health for populations identified as adult men, children 6-12 years old, and seniors. Their intervention programs grew in need and scale and the 4Korners network team and key partners obtained ongoing training in key areas of mental health such as suicide prevention among young people.

### Where We Are

- Laurentides  
[4korners.org](http://4korners.org)

### Contact

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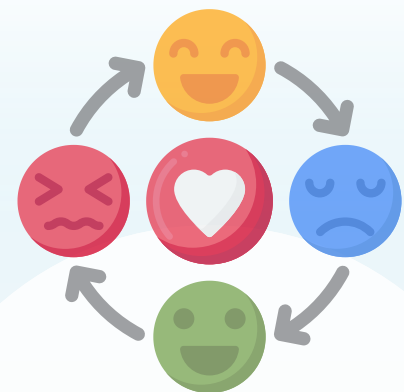
## Promising Practice

Social Emotional Learning, (SEL), is an educational workshop, that is provided weekly, which aims to promote emotional wellbeing in children 6-12 years old.

This program helps children from an early age learn how to identify and regulate emotions through different means that improves their daily social interactions.

### ★ Key Success Factors

- Participant trust development
- Evidence-based SEL workshops



***Making the connection with the participants and gaining their trust is essential to getting them to open up and share their emotions.***