

JUNE 16, 2020  
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## FOR IMMEDIATE RELEASE



“Permission to Feel”, featuring psychologist and best-selling author Marc Brackett, Ph.D.

Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Society Thrive

### 18th annual FREE Community Speaker Event Goes Virtual

**SARASOTA, FL: June 16, 2020.** Forty Carrots Family Center announces its 18th annual FREE Educational Community Speaker Event, presented in partnership with the Community Foundation of Sarasota County. This year’s event transitions to a virtual platform, broadcasting at 7 p.m. on Wednesday, Sept. 23rd. The event is free and open to the community, but advance registration is required.

Dr. Brackett will present insights from his book; “Permission to Feel” helping parents, caregivers, teachers and professionals understand how emotions influence our lives; cultivate emotional intelligence in our children and develop tools for greater well-being and success.

Dr. Brackett is a research psychologist and the founding director at Yale Center for Emotional Intelligence and professor in the Child Study Center at Yale University. He has developed a remarkable effective plan to improve the lives of children and adults – a blueprint for understanding emotions and using them wisely to help, rather than hinder, an individual’s success and inspiration in equal parts.

“Emotions have the power to either enhance our lives or hinder our success in life,” Dr. Brackett said. “My mission is to help people use the power of emotions to help create a healthier, equitable, innovative and compassionate world. You have to name it to tame it.”



“Now, more than ever, our community needs access to high-quality mental health guidance to help children develop skills to navigate through these times and the future. Dr. Brackett’s virtual presentation will offer a way for parents, teachers and professionals to help children learn to express emotions and concerns in a direct and constructive way, actively listen to others, and work collaboratively to solve problems,” said Forty Carrots Family Center CEO Michelle Kapreilian.

Over 17 years, Forty Carrots free speaker events have reached more than 12,000 parents, professionals and educators in our area. Presentation expenses are covered by event partnerships.

To sign up for event notifications or partnership details to help make this free virtual community possible visit [fortycarrots.org](http://fortycarrots.org), email [events@fortycarrots.com](mailto:events@fortycarrots.com) or call (941) 365-7716. Advance registration is required and opens Aug. 1, 2020 at [fortycarrots.org](http://fortycarrots.org). Certificates of attendance and e-books (while supplies last) are available.

### ABOUT FORTY CARROTS

Since 1993, Forty Carrots Family Center has served families in Sarasota & Manatee counties, ensuring good beginnings that last a lifetime for children through its expertise in Parenting Education, Mental Health Services, and Early Childhood Education. Rated 4-Stars by Charity Navigator, Forty Carrots serves families from all walks of life, with 93 percent of families receiving services free of charge. Visit [fortycarrots.org](http://fortycarrots.org) for more information. For more information about Marc Brackett, Ph.D., visit [marcbrackett.com](http://marcbrackett.com)

### PHOTO OF SPEAKER, BOOK COVER, AND LOGO ATTACHED:

