



## **The Relationship Foundation - Testimonials**

*"The Relationship Foundation's unique professional development training on empathy, [and] expressing needs and feelings respectfully gives us tools to effectively cultivate beneficial life skills for our students. We're enthusiastic about continuing our relationship with TRF because of our firm belief that their work has the power to transform not only schools, but also entire communities."*

— **Vincent DiGaetano, Principal, Bronx Alternate Learning Center, Bronx, NY**

*"My ALC students show great enthusiasm for The Relationship Foundation's program, Healthy Relationships 101. The information about how to communicate well, how to connect with others—'Relationship Ed' if you will—and how to listen empathically to both teachers and fellow students, are all invaluable lessons that I recommend heartily to any school."*

— **Dr. Joe Rand, Principal, Brooklyn West Alternate Learning Center, Brooklyn, NY**

*"Teaching relationship skills is a much-needed program in public schools. Here at DuBois, you really engaged the kids, and they really enjoyed it. I was a bit surprised to see some of them speak out, because normally some of them don't talk. But everyone had their heads up, your presenters were just dynamic, it was absolutely phenomenal! Healthy Relationships 101 proved to be not only valuable to our students and staff, but a real education in general."*

— **Dr. Dion Thomas, Asst. Principal, Brooklyn West ALC at W.E.B. Dubois H.S., Brooklyn, NY**

*"My students were so engaged by the relationship skills class, they stayed an extra ten minutes, even though the school day had already ended. Healthy Relationships 101 is a phenomenal program."*

— **Peter Garcia, Asst. Principal, Brooklyn West ALC at St. Marks, S.I., NY**

*"The workshop Healthy Relationship is informative and my staff have been using it in the classroom. I would recommend it to start in schools at a relatively young age and progress through higher stages of school. We have benefitted from having access to Healthy Relationships 101."*

— **Anila Mersini Asst. Principal, Bronx ALC at Jane Addams School, Bronx, NY**

*"It definitely impacted the students: it gave them exposure to how to deal with different relationships other than the relationships they have that may have been negative. It tapped into another side of our students."*

— **Sean Mack, Asst. Principal, Brooklyn ALC at Brighton Beach Academy**

*"The PD (Professional Development for Teachers) TRF gave the Deans, Guidance Counselors and Social Workers for District 8 in the Bronx was truly great. A counselor who'd been with the DOE for over 20 years said it was the best session she's ever attended. Let's ensure this was the first of many: our participants are interested in having TRF present throughout the school year."*

— **Anthony Stiffler, Deputy Director of Student Services, NYC Dept. of Education**

*"Healthy Relationship 101 has helped our students to get a better understanding of what it means to be in healthy and meaningful relationships. I recommend it to all educators, and all institutions."*

— **Robert A Gentile, Principal, High School for Health Professions, New York, NY**



## **TESTIMONIALS ABOUT HEALTHY RELATIONSHIPS 101**

*"My staff loved the workshop that The Relationship Foundation gave us this year. Skills requiring empathic listening and the expression of needs and feelings are crucial for the dynamic in today's classroom. It would be a dream to book Healthy Relationships 101 to make a presentation at every school in my District. It's a great program."*

— **Maria Mace, DOE District 9 Student Services Manager, Bronx, NY**

*"My staff found Healthy Relationship 101 to be incredibly effective. They came away from the workshops with new knowledge and strategies to communicate more effectively."*

— **Jim Sporleder, Principal, Lincoln High School, Walla Walla, WA**  
**Best-selling author of *The Trauma-Informed School* (2017)**

*"Students who were under high stress found productive ways in the Healthy Relationships 101 workshops to handle life's challenges, learning to articulate their needs and feelings in a way that fostered respect for all."*

— **Isabella Mackey, Assistant Principal, City-As-School High School, New York, NY**

*"Healthy Relationships 101 reveals that the answer is simple: respectful communication is key. As our school practices TRF's work with its students, the interactions are like small miracles."*

— **Susan Wallen, Education Director, Hudson Montessori School, Jersey City, NJ**

*"This program [Healthy Relationships 101] has the potential to be life-altering, and has definitely changed not only my whole approach to teaching, but my life as well."*

— **Ruqayyah Williams, Teacher, Harlem Children's Zone, New York, NY**

*"The Healthy Relationships 101 team creates an environment in which students have a voice—their concerns, feeling, and needs are valued and addressed. I recommend the program to all institutions who find the need to go beyond traditional educational methods."*

— **Susan Arnold, School Counselor, Renaissance Charter School, Queens, NY**

*"I've never come across a program that addresses the fundamental need for social and emotional learning in such an inspiring and academic way. Healthy Relationships 101 enhanced my students' abilities to focus on learning."*

— **Rebecca M Centano, English teacher, John Adams High School, Queens, NY**

*"Healthy Relationships 101 is one of the curricula loved by our group participants because it shows how relationships don't have to be so difficult. Healthy Relationships 101 handouts guide our groups into life change and thought provoking discussions. One participant even mentioned that he has been sharing the work with his wife during phone calls. Thus the power of this curriculum is changing lives, families and communities as our participants are given a new way to think about relationships."*

— **Trish Pennix, Counselor, Group Facilitator Riker's Island New York City**

*"Healthy Relationships 101 provides tools that all of us need in order to bond in meaningful and healthy ways with others. Especially for our students this is truly a much-needed gift."*

— **Marianne Williamson, Author and Presidential Candidate, New York**