



# ATLANTA DREAM CENTER

## OUT OF DARKNESS | iAM | METRO KIDZ

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September 3rd, 2018

Re: Healthy Relationships 101 recommendation letter

To whom it may concern,

Our Metro Kids team with the Atlanta Dream Center had the opportunity to attend the Relationship Foundation's Healthy Relationships 101 training with facilitator Michael Jaszcz this August. Metro Kids is a youth prevention program working with at-risk children ages 3 to 12 in low-income communities across Atlanta. Our programs include community outreach, group mentoring, and an early learning program. Across our programming, we have identified a great need for increased social and emotional learning, and this training provided great insight, practical tools, and hands on applications to do so.

Healthy Relationships 101 combined evidence-based information on adverse child hood experiences (ACES), a trauma-informed school approach, empathy, and non-violent communication with engaging, hands-on activities to provide a deeper understanding of each topic for program participants. The ACES portion of the training – something many of the children we work with have experienced - was particularly valuable for our team, and it helped shape our understanding of brain development's role in behavior. In addition, our staff were thrilled to begin implementing the new methods of empathy and non-violent communication we learned in our personal relationships as well as with one another. Since the training, each staff member has reported positive changes in the way they communicate in their relationships.

We are excited to incorporate this material into our programs this fall and look forward to seeing the growth it produces in both our communication with students, and students' communication with one another. I would highly recommend this programming for teachers and other professionals working with youth as well as for implementation in schools as part of students' curriculum.

Sincerely,

Anna Oakley  
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Atlanta Dream Center, Inc.  
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