



TESTIMONIALS ABOUT HEALTHY RELATIONSHIPS 101

"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 Alternative 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 Alternative Learning Center, Brooklyn, NY**

"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**

"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**

"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 City**

"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, New York**



TESTIMONIALS ABOUT HEALTHY RELATIONSHIPS 101 (CONT.)

"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 City**

"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 (Promise Acad.), New York City**

"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**

"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)

"For those of us who did not have the good fortune to pick up effective communication skills in childhood, Healthy Relationships 101 is an extremely engaging, useful guide. I'd recommend the program to school groups, work places – to anyone wanting to improve her/his relationships with others and the world at large."

— **Christine Kiernan, Producer, Thomson Reuters Corp., 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 Lecturer, New York City**

"We have been using Healthy Relationships 101 in class, and it is a great jumping off point to keep the kids interested and involved. The content is fantastic, so I appreciate what you guys have come up with!"

— **Rob Christensen, Middle School Teacher, Thompson Falls, Wyoming**