

“All the Feels”

Helping Gifted and 2e Kids Manage

Processing and managing emotions is challenging even for the most level-headed among us, but for gifted and twice-exceptional (2e) kids and teens, dealing with "all the feels" can be especially exhausting. Join us for an insightful session with Emily Kircher-Morris titled *Helping Gifted and 2e Kids Manage "All the Feels,"* where she will guide parents and educators through a



4-step process of emotional regulation. With compassion and practical strategies, Emily will help us support our kids who are "a little bit extra" in finding healthy ways to understand and manage their emotions. Dinner will be provided during the event.

Gifted learners ages 7 and up are invited to join a concurrent Gifted Student Night facilitated by volunteers from Elizabethtown College. This engaging program offers a supportive environment where gifted children can connect with peers and participate in activities designed specifically for their unique strengths and needs.

Date: Tuesday, October, 14, 2025

Time: 5:00 p.m. – 7:00 p.m.

Location: The Conference and Training Center at IU13, 1020 New Holland Avenue, Lancaster

Target Audience: Parents/Guardians of Gifted and 2e Students

Cost: No cost to attend

Registration: To register for the meeting, please use the following [link](#) to complete the registration form. Deadline to register is October 7, 2025.

Facilitator:

- Emily Kircher-Morris, LPC

Additional Information:

- Dinner is provided
- Gifted learners (ages 7+) are invited to attend a Gifted Student Night at the same time.

Contact Information

Brian Booker
717.947.1078 | brian_booker@iu13.org

Instructional Services | **iu13**

1020 New Holland Avenue | Lancaster, PA 17601 | 717-606-1600 | www.iu13.org