

Teach Not Punish Family Resource Center, INC.

Benefactor Organization of FLY Con 2027

Inspiring Love, Care, and Community, Wearing Your Power through SEL.

Teach Not Punish Family Resource Center, Inc. (TNP) is a Tulsa-based 501(c)(3) organization that equips educators, caregivers, and families with the tools to thrive together by teaching behavior through a social-emotional learning (SEL) lens. Founded by T'erra Estes, TNP helps children in crisis and from traumatic backgrounds by teaching social skills to improve their academics, build emotional regulation, resilience, and belonging—skills equally vital for the adults who care for them.

Core Services

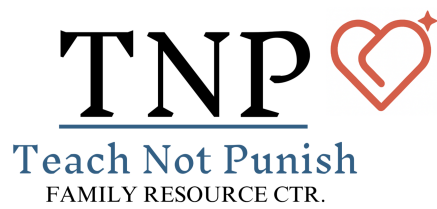
- Behavior Coaching & Classroom Support – Practical, relational strategies for Pre-K–5 educators.
- Teacher and Caregiver Workshops – Trauma-informed practices for teachers, paraprofessionals, and family caregivers.
- Social Skills & Emotional Well-Being Courses – Evidence-based sessions emphasizing empathy, self-awareness, and co-regulation.
- Family Engagement & Parent Power Hour – Strengthening home-school collaboration and self-care for caregivers.
- Case Management & Mentorship – Ongoing support connecting families to community and mental-health resources.

SEL Course Alignment for Educators & Caregivers

TNP integrates evidence-based practices adapted from the Sanford School of Education at National University, bridging social-emotional learning (SEL) principles between classrooms and caregiving environments. Our training helps teachers, parents, and professional caregivers build emotional intelligence, resilience, and restorative communication that strengthens relationships across generations.

Proven Impact

- 800+ students supported through in-class intervention
- 300+ families and caregivers served through workshops



- 120+ educators trained in trauma-informed strategies
- 3 Tulsa schools improved state status after TNP partnership

Our Mission at FLY Con

To model healing-centered SEL practices that equip educators, caregivers, and families to restore connection and trust—transforming relationships at school and home. At TNP, we believe that when adults model self-awareness and emotional care, they're *wearing their power* in the classroom and beyond.

Our Vision at FLY Con

A community where every child and caregiver feels seen, safe, and supported. Through FLY Con, TNP continues its mission to elevate emotional intelligence and relational health across Oklahoma and beyond. This is how love becomes visible; when learning and living meet — *wearing your power*.

Contact

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