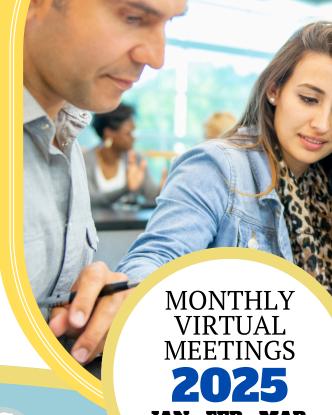


NJ4S PARENT ACADEMY

The Parent Academy is a monthly support program designed to empower parents/caregivers with essential tools and strategies to foster their student's mental wellbeing. Specific mental health topics will be offered monthly. Resources and practical tips will be provided.



JAN • FEB • MAR APR • MAY • JUN



Connect with Other Parents/Caregivers & Learn How to Support Your Child!





The symptoms of grief, types of grief, and stages of grief will be discussed. Learn self-compassion and self-care strategies, how to communicate and empathize with a loved one who is struggling, and how to find help in your community.



Information about teen depression and suicide risk, warning signs, risk factors, and available treatments will be provided.

Help Your Child Manage Stress Tuesday 3/11 6:30-7:30pm
Tools and information will be shared to help the young person in your life better manage stress.

Teens, Screens & Social Media Wednesday 4/16 6:30-7:30pm
Learn about the potential benefits and risks when youth use social media.
Safety tips and skills for setting health limits will be discussed.

Parent/Caregiver Guide to Mental Health Tuesday 5/6 6:30-7:30pm Skills and tools to help support the young person in your life's mental health and wellness will be discussed.

Keeping Kids Busy for Summer Tuesday 6/10 12-1:00pm
Learn summer safety tips, how to support the use of technology, help your kids play a role in the household, and recreational ideas.

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OR SCAN CODE TO REGISTER







