

JOIN US AT THE Y FOR PRESENTATIONS AND WORKSHOPS THAT CAN HELP YOU AND YOUR CHILD!

Please attend our week-long event on mental health awareness, **MANY GEARED TO CHILDREN**, such as:

- Raising well-adjusted children in our age of instant everything
- Depression and other mental health issues
- Teenage alcohol use
- Bullying
- Mindfulness and stress reduction



DON'T MISS THESE IMPORTANT INFORMATION SESSIONS!

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| Wed 5/11 : 7-9 pm | Michael Osit, EdD | Generation Text: Raising Well-Adjusted Kids in an Age of Instant Everything" |
| Thurs 5/12: 2-4 pm | Bernards Health Dept. | It's 21 for a Reason: What Parents Need to Know About Teenage Alcohol Use |
| Friday 5/13: 1-2:30 pm | Colleen Vanderbeek, Psy.D & Melissa Callen, LPC | Bullying and Special Needs Children: What Helps, What Hurts |



QUESTIONS? CONTACT SUSAN VISSER 908.766.7898 X553

STRENGTHENING THE FOUNDATIONS OF COMMUNITY FOR 60 YEARS

