

# 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 well-being. Specific mental health topics will be offered monthly. Resources and practical tips will be provided.



MONTHLY  
VIRTUAL  
MEETINGS  
**2025**

**JAN • FEB • MAR  
APR • MAY • JUN**



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



## UPCOMING VIRTUAL SESSIONS:



### A Glimpse of Grief **Thursday 1/30 12-1:00pm**

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.



### More than Sad **Wednesday 2/12 12-1:00pm**

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.

January						
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June						
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