

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:

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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.
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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.
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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.
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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.
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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.
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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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CLICK BUTTON TO
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-  NJ4S@mhainspire.org
-  www.mhainspire.org/nj4s

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