



Raising Resilient Teens in Challenging Times

In the today's world, our teens and students face complicated pressures, and it seems like they are always changing! From social media to academic pressures, the challenges of parenting have evolved dramatically.

This parent presentation offered by the Mental Health Association of Monmouth County will focus on the risk factors children may face and what you can do as parents to empower and protect your child.

This presentation will also include information on the Lifelines prevention based curriculum that the Middletown School District has implemented at the elementary, middle and high school levels, along with a parent Q&A session facilitated by representatives from the Mental Health Association of Monmouth County.

**Thursday April 4th, 6:30pm
Middletown HS North Media Center**

