



# 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.
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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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 **REGISTER**

-  973-334-4052
-  [NJ4S@mhainspire.org](mailto:NJ4S@mhainspire.org)
-  [www.mhainspire.org/nj4s](http://www.mhainspire.org/nj4s)

OR  
 SCAN  
 CODE  
 TO  
 REGISTER



# NJ4S PADRE ACADEMIA

La Academia para Padres es un programa de apoyo mensual diseñado para brindarles a los padres y cuidadores herramientas y estrategias esenciales para fomentar el bienestar mental de sus estudiantes. Se ofrecerán temas específicos de salud mental mensualmente. Se brindarán recursos y consejos prácticos.



## REUNIONES VIRTUALES MENSUALES 2025

**ENERO • FEBRERO •  
 MARZO ABRIL • MAYO •  
 JUNIO**



*¡Conéctese con otros padres/cuidadores y aprenda cómo apoyar a su hijo!*



### PRÓXIMAS SESIONES VIRTUALES:



**Un vistazo al dolor** **Jueves 30 de Enero** de 12 a 13 p.m.  
 Se hablará sobre los síntomas del duelo, los tipos de duelo y las etapas del duelo. Aprenda estrategias de autocompasión y autocuidado, cómo comunicarse y empatizar con un ser querido que está pasando por un momento difícil y cómo encontrar ayuda en su comunidad.



**Más que triste** **Miércoles 12 de Febrero** de 12 a 13 p.m.  
 Se proporcionará información sobre la depresión adolescente y el riesgo de suicidio, señales de advertencia, factores de riesgo y tratamientos disponibles.



**Ayude a su hijo a controlar el estrés** **Martes 11 de Marzo** de 6:30 a 7:30 p.m.  
 Se compartirán herramientas e información para ayudar al joven de su vida a manejar mejor el estrés.



**Adolescentes, pantallas y redes sociales** **Miércoles 16 de Abril** de 6:30 a 7:30 p.m.  
 Conozca los posibles beneficios y riesgos cuando los jóvenes utilizan las redes sociales. Se discutirán consejos de seguridad y habilidades para establecer límites de salud.



**Guía para padres y cuidadores sobre salud mental** **Martes 6 de Mayo** de 6:30 a 7:30 p.m.  
 Habilidades y herramientas para ayudar a apoyar la salud mental del joven en su vida y se discutirá el bienestar.



**Mantener a los niños ocupados durante el verano** **Martes 10 de Junio** de 12 a 13 p.m.  
 Aprenda consejos de seguridad durante el verano, cómo apoyar el uso de la tecnología, ayudar a sus hijos a desempeñar un papel en el hogar y obtener ideas recreativas.

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