

JOIN US

AND LET CARE PLUS CARE FOR YOU! 2022 VIRTUAL PARENT WORKSHOP SERIES

Mental Wellness: Caring for
Ourselves and Our Teens

MARCH 1

MARCH 31 Navigating NJ Children's System
of Care/Performcare

Navigating Adolescence: Strategies to
Support Your Teen's Emotional Needs

APRIL 13

MAY 25 Social Media Accountability in a
Digital World

TIME: 6:30PM

Workshop links to be sent via
email. Any questions, please
email michelleh@careplusnj.org

PRESENTED BY



**HUNTERDON CENTRAL
REGIONAL HIGH SCHOOL**