



Parent University 2021-2022

MARCH SCHEDULE

Thu., Mar. 2nd @ 5:30
PM

**Creating Mentally Safe Spaces:
Recognizing Signs of Mental Health
Distress in Youth**

Mon., Mar. 7th @ 10AM

**Time Management for Successful
Academic and Life Outcomes**

Tue., Mar. 8th @ 6 PM

**Building Literacy Through Family
Engagement**

Thu., Mar. 10th @ 6PM

Mindfulness

Mon., Mar. 14th @ 6PM

There is a Lot of Violence in Society

Tue., Mar. 15th @ 10AM

Emotional Legacy & Emotional Fluency

Tue., Mar. 15th @ 6PM

Writing a Family Legacy

Tue., Mar. 22nd @ 6PM

Diamonds in the Writing

Thu., Mar. 24th @ 4PM

Issues Children and Parents Encounter

Mon., Mar. 28th @ 10AM

Exploring Risk Factors

Tue., Mar. 29th @ 6PM

A New Empowerment Using Our Story

Please visit our website for session flyers and descriptions, the link to join a session, and more information.

<https://www.nps.k12.nj.us/parent-university/>