



Parent University 2021-2022

APRIL SCHEDULE

Mon., Apr. 4th
@ 10 AM

Thu., Apr. 6th
@ 5:30 PM

Mon., Apr. 11th
@ 6 PM

Tue., Apr. 12th
@ 10 AM

Thu., Apr. 14th
@ 6 PM

Mon., Apr. 25th
@ 6 PM

Thu., Apr. 28th
@ 4 PM

Self-Acceptance vs. Self-Esteem

**Creating Emotionally Safe Spaces
in School and at Home:
Responding to Signs of Mental
Health Distress in Youth**

Anger is Normal

**Emotional Legacy & Reasonable
Expectations**

**Strategies to Develop
Resilience**

**Why Forgiveness is a Part of
Resilience**

**Develop and Grow Skills and
Career Ideas**

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/>