



# Parent University 2021-2022

## MAY/JUNE SCHEDULE

Mon., May 2nd @ 10AM

Wed., May 4th @ 5:30  
PM

Mon., May 9th @ 4 PM

Wed., May 11th @ 4 PM

Thu., May 12th @ 6 PM

Tue., May 17th @ 10AM

Mon., May 23rd @ 4 PM

Wed., May 25th @ 4 PM

Thu., May 26th @ 4 PM

Wed., June 8th @ 5:30  
PM

### The Power of Words

Creating Physically Safe Spaces: Renegotiating  
Boundaries and Understanding the Impact of  
Social Distancing

### Navigating Through Loss & Adversity

Raising and Empowering Resilient, Self-  
Reliant Children

### Setting and Achieving Goals

Emotional Legacy & Healthy Boundaries

Coping with Adversity: Adaptive Skills to  
Build Resilience

Being is Doing: Supportive Communication  
Practices

Connecting Children's Career Identity with  
Schools and Resources

Caring for Caregivers: Understanding  
How Adult SEL and Self-Care Creates  
Family Well-Being

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/>