Raising Resilient Teens in Challenging Times

Thursday, May 23rd, 2019
6:30 pm
Traditions Family Success Center
712 South Main St., Phillipsburg, NJ

This parent presentation focuses on building strength and resilience in our children and teens with emphasis on the following:

- How to talk to your teens about difficult topics
- Empowering parents & guardians through education and awareness
- Understanding warning signs & risk factors
- Cultivating an independent and resilient mindset in your child
- Data & statistics
- Local resources

RSVP Required: ARUIZ@fso-hsw.org or call (908) 223-1191 Ext 16.
This workshop will have Spanish translation available as well as childcare options. Please indicate if you need either when RSVPing.

The Society for the Prevention of Teen Suicide is a non-profit community organization dedicated to increasing awareness and reducing the stigma of suicide through specialized training programs and outreach resources that empower teens, parents and educational leaders with the emotional guidance and skills needed to help those at risk of suicide and build a life of resiliency.

www.sptsusa.org

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