

SAVE THE DATES

2017-2018

THE FAMILY SEW SERIES

**THE FAMILY SOCIAL AND EMOTIONAL WELLNESS
SERIES**

TITLE I and COUNSELING DEPARTMENT

JANUARY – APRIL 2018

~Light Refreshments will be served at each workshop~

WORKSHOPS WILL BE CONDUCTED AT SCHOOLS

THROUGHOUT THE DISTRICT

6:30 – 7:45

Patricia C. Bridges NCC, LAC, NJDRCC

UHS School Counselor

Founder/Director, Living Water Well Inc.



FAMILY GROUP DISCUSSION TOPICS



JANUARY 16, 2018

DISCONNECTING: THE IMPORTANCE OF FAMILY TIME

FEBRUARY 21, 2018

**THE POWER OF VALIDATION: CREATING RESILIENCE IN THE
LIVES OF OUR CHILDREN**

MARCH 15, 2018

**WHY CAN'T WE TALK? COMMUNICATION STRATEGIES
BETWEEN PARENTS AND THEIR YOUNG ADULTS**

APRIL 10, 2018

**FINISHING STRONG IN FRESHMAN ACADEMIC YEAR
FOUNDATION FOR COLLEGE READINESS**

APRIL 30, 2018

**PREPARING MY CHILD FOR HIGH SCHOOL: DISPELLING THE
MYTHS OF HIGH SCHOOL LIFE**