

CARE PLUS PARENT WORKSHOP SERIES

Ridgewood School District

The Ridgewood School District and Care Plus NJ have a continued partnership to bring state of the art behavioral healthcare services to students and families in the school setting. Part of this shared goal includes providing our families with additional forums and opportunities to share and discuss important topics.

Please join us on Go-To Meeting for the following virtual parent program!

East Side K-5 – Tuesday 2/9/21

<https://global.gotomeeting.com/join/468206981>

West Side K-5 – Thursday 2/11/21

<https://global.gotomeeting.com/join/543590317>

7:00 – 8:00PM

"Thriving During COVID-19: Helping K-5 Families Manage School and Stress"

Presented by: Lorraine Gehrig Mullins, LCSW
Vice President - Care Plus NJ's School Based Services
lorraineg@careplusnj.org

- Strategies to manage stress and foster resilience including:
 - Leveraging your locus of control
 - Effective communication, boundary setting
 - Engaging in co-regulation
 - Developing a personal wellness toolkit
- Review of resources
- Q&A

