

LIVINGSTON PUBLIC SCHOOLS PRESENT:

GROUNDING PARENTS:

The Benefits of Mindfulness & Self-Care

Support

Helping parents to regulate their own emotions and thoughts in order to support their children

Communication

Using effective communication with children - listening for understanding, not listening to formulate your next response

Stress Management

Managing your own plate as a parent in order to assist your children in doing the same

PRESENTED BY:
JEWISH FAMILY SERVICES OF
METROWEST NJ



January 22, 2024



7 p.m.



Zoom link to follow

