

SPRING 2010

PARENT WORKSHOPS

**WEDNESDAY NIGHTS @ JHS 166
6:00-8:00 PM**

April 21: How to Deal with Stress & Teenage Years

May 5: Stress, Nutrition and Your Health



May 19: Cyberbullying: What you need to know!

June 2: Dealing with Violence in the Community

June 9: Helping with the Transition to High School

June 23: Parent Workshop Series Celebration

*** Refreshments will be served, children are welcome, free metrocards, great info. & prizes!**

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