**Family**

**University**

**Wednesday, April 20, 2022**

**6:00 to 9:00 PM\* virtual**

***An evening of education for parents & high school students***

**6:00-6:40 PM: Youth Drug & Alcohol Survey Results**

**6:50-7:50 PM: Choice of Adult and Student Workshops**

**8:00-9:00 PM: Choice of 2nd Adult Workshop**

**Workshop Topic Choices Include:**

* Drugs & the Brain: Using Science to talk to Teens

For Adults For Adults

* Building Resilience in Children & Ourselves
* When Mental Health and Substance Use Collide
* Teens & Tech: What to do when Devices Rule
* Cannabis: What Your Friends Aren’t Telling You

For Students

* Even Superheros Get the Blues: An Honest Conversation About Mental Health
* Anxiety, Procrastination & Perfectionism
* Mindfulness for Peak Performance



Sponsored by:

and the Hastings-on-Hudson School District, PTSA & SEPTA

\*Please come to all or part of the evening as your schedule permits