



# 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 2<sup>nd</sup> Adult Workshop**

## Workshop Topic Choices Include:

### For Adults

- Drugs & the Brain: Using Science to talk to Teens
- Building Resilience in Children & Ourselves
- When Mental Health and Substance Use Collide
- Teens & Tech: What to do when Devices Rule

### For Students

- Cannabis: What Your Friends Aren't Telling You
- 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