

JOIN US FOR A VIRTUAL DISCUSSION

SMART PARENTING FOR SMART KIDS

It takes more than school smarts to build a fulfilling life. Our culture's relentless focus on "being impressive" places a huge burden on children that can eclipse other aspects of their development and leave them feeling anxious, disconnected, irritable, or filled with self-doubt. This program offers parents do-able strategies to help children learn to temper perfectionism, build relationships, and find joy.

GUEST SPEAKER:

DR. EILEEN KENNEDY-MOORE
AUTHOR • PSYCHOLOGIST • SPEAKER



MONDAY

December 9, 2024



STARTS AT

7:00PM



Questions???
svisser@communityincrisis.org

Please Scan QR Code
or Click [HERE](#) to register
for this online event.

Bernards Township
Municipal Alliance
Against Substance Abuse

GCSUD



Promoting Public Health
Bernards Township Health Department