



UCPS is offering five workshops to help parents with resources and tools to navigate tough situations. All parents are invited and encouraged to attend one or all of the following sessions.

### UNDERSTANDING TRAUMA AND RESILIENCE

#### **Feb. 17 at 6 p.m. - Cuthbertson High School**

- Practical strategies to treat trauma.
- Principles for mitigating the impact of trauma as parents and a school community.

**PRESENTER:** Rachel Milbourn, LCSW - Sage Counseling

### GRIEF

#### **March 17 at 6 p.m. - Piedmont High School**

- How to identify grief and types of losses?
- How to support grieving children?

**PRESENTER:** Judy Cline, MSW, LCSW - Bereavement Technician

### SUICIDE AWARENESS

#### **March 24 at 6 p.m. - Porter Ridge High School**

- Warning signs and myths.
- Current national and state trends.

**PRESENTERS:** Dr. Tracey Carney - SEL Coordinator, Dr. Melissa Todd - School Psychologist  
Susan Slattery-Rogers, MSW - School Social Worker, Belle Walker, MSW - Lead School Social Worker  
and Kelly Whitley, M.A. - School Counselor

### iRULES: WHAT EVERY TECH HEALTHY FAMILY NEEDS TO KNOW

#### **April 28 at 6 p.m. - Forest Hills High School**

- How to develop a tech-healthy family?
- Trends and resources to help navigate social media.

**PRESENTER:** Janell Burley Hoffman

### FAMILY WELLNESS

#### **May 19 at 6 p.m. - Sun Valley High School**

- How to develop a wellness plan for my family?
- Resources/apps to help my family.

**PRESENTER:** Tracey A. Leitner, RN, BSN - Atrium Healthcare

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UNION COUNTY PUBLIC SCHOOLS

