



# Parent Workshop

## EMOTIONAL AND SOCIAL WELL-BEING

Please join us for an engaging presentation for parents/guardian with middle or high school aged youth. During this presentation you will learn:

- Warning signs of mental health conditions
- What steps to take if you or a loved one are showing symptoms of a mental health condition
- Strategies on how to talk with your child
- Strategies on how to work with school staff

There will be ample time to ask questions and gain an understanding of an often misunderstood topic. Marlboro Mayor Jon Hornik and the Township Council proclaimed Marlboro a stigma free zone to encourage residents to seek help without judgement. Please join us and help grow the movement to end stigma.

**Presented By:** Nicki Frances

**When:** Monday, March 30<sup>th</sup> at 7:00 pm

**Where:** Marlboro Recreation Center  
1996 Recreation Way

**Who:** Parents and Guardians

**FREE WORKSHOP - REGISTRATION REQUESTED!**

Please call 732-617-0186 to reserve a seat  
or e-mail [ngeist@marlboro-nj.gov](mailto:ngeist@marlboro-nj.gov)