

Morris-Union Jointure Commission
PARENT AWARENESS WORKSHOP

Mindful Practices / Mindful Families

In today's environment we all face increasing pressure to achieve. Children and families experience stress but are not often provided with tools to manage it. What can be done to raise children who are mentally, physically and emotionally healthy? Having the tools to increase self and social awareness helps fend off negative thoughts and behaviors, build self-confidence as well as focus and treat others with respect and appreciation. This workshop will focus on:

- personal safety in the age of social media,
- antidotes for increased anxiety and depression,
- self awareness to realize options no matter what is happening,
- learning how to deactivate when one is feeling anxious and energized when feeling depressed.

Presented by:

Sharon McCarthy, President, ENVISION: Breakthroughs in Learning

Date & Time:

Thursday, March 19, 2020

7:30 p.m. – 9:00 p.m.

Sponsored by / Location:

Morris-Union Jointure Commission
340 Central Avenue
Professional Development Center
West Wing
New Providence, NJ 07974
908-464-7625, ext. 1109
MUJC website: www.mujc.org

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REGISTRATION FORM - Parent Awareness Workshop

Thursday, March 19, 2020

Mindful Practices / Mindful Families

There is no cost for this workshop; however, registration is required. Please complete and return to:

Morris-Union Jointure Commission
340 Central Avenue, New Providence, NJ 07974
Email dviola@mujc.org or fax to: 908-464-1244

☐ Check here and include your email below if you would like to receive future Parent Awareness Workshop offerings.

Name _____

Address _____

City _____ State _____ Zip _____

Home Tel: _____ Work Tel: _____

Email: _____ Cell: _____

Diane