



READINGTON TOWNSHIP PUBLIC SCHOOLS

PARENT TOOLKIT FOR STUDENT WELLNESS

Join us for an informative evening dedicated to educating K-8 parents on essential topics to support your children's well-being.

WEDNESDAY, MARCH 26TH

6:00 - 8:00 PM

**AT
HOLLAND BROOK SCHOOL
52 READINGTON ROAD**



As parents, we all want the best for our children.

SESSIONS

Raising Resilient Kids: Navigating Anxiety & Mental Health

- *Dr. Padma Palvai, Mindspace Psychiatry LLC*

Hope & Help: Supporting Kids Through Tough Times

- *Jordan Mealey, LPC, NCC, ACS, CGRS, Ellie Mental Health*
- *Sara Bacchetta, DSW, LCSW, Ellie Mental Health*
- *Julia Richards, LAC, Ellie Mental Health*

Hidden Dangers: What Parents Need to Know About Drugs

- *Laurie Livesey, CPS, Prevention Resources*
- *Ofc. Brandon Griffiths, MSW, Readington Twp. Police Dept.*

Click with Caution: Keeping Kids Safe Online

- *Det. Sgt. Bryan Hanley, Hunterdon County Prosecutor's Office*

Parents will have the opportunity to attend two of the four sessions, as each topic will be offered twice during the evening.

Light refreshments will be served, compliments of the HSA.



If you plan to join us, please RSVP to: rsvp@readington.k12.nj.us

**Don't miss this chance to gain valuable insights and tools to help your child navigate today's challenges.
We look forward to seeing you there!**