



# Behavioral Health Parenting Series

*A Four-Part Series*

The global pandemic has impacted all ages emotionally and, in some instances, physically as well. Children have had to navigate feelings and emotions that even adults were not prepared for.

Atlantic Health System is offering a four-part series dedicated to providing parents with the tools and language to have meaningful, but difficult, conversations about life, and support their children through difficult emotions to help them build coping skills, resilience and HOPE.

**Sessions will be held from 7:00 to 8:00pm via Zoom Meeting:**

### **Meeting Access**

<https://atlanticealth.zoom.us/j/6652297096?pwd=cldzNzI5MXIOT0NYc2o1MzArL25qdz09>

Meeting ID: 665 229 7096 Passcode: 269010

### **One Tap Mobile**

(New York) +19292056099,,6652297096#,,,,\*269010#

(Washington DC) +13017158592,,6652297096#,,,,\*269010#

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**Thursday, April 8**

**The Role of the Trusted Adult**

Presented by the Society for the Prevention of Teen Suicide

**Thursday, April 15**

**My Child Needs Mental Health Care ... What Does that Mean and Where Do I Start to Get Help?**

Presented by Paul Burns, LPC, Regional Crisis Coordinator, Atlantic Health System

**Tuesday, April 20**

**Stress and Anxiety in Children and Teens: Support for COVID-19 and Beyond**

Presented by Dr. Christopher Lynch, Director, Pediatric Behavioral Medicine, Goryeb Children's Hospital

**Wednesday, April 28**

**How to Help Our Children Manage Expectations, Deal with Disappointments and Build Resilience**

Presented by Beth Schulaka, LCSW, Lead Clinician, Hackettstown APHP



**Atlantic  
Health System**  
Behavioral Health