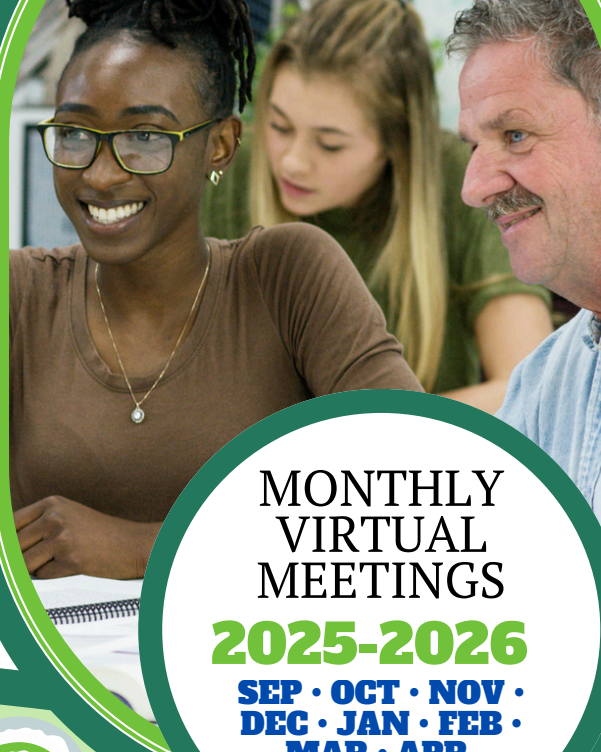
MENTAL HEALTH ASSOCIATION
INSPIRING HOPE AND HEALING
SUPPORTING
MORRIS & SUSSEX COUNTIES

NJ4S
NJ STATEWIDE STUDENT SUPPORT SERVICES
www.MHAinspire.org

NJ4S PARENT ACADEMY



The Parent Academy is an engaging monthly program where parents and caregivers can learn practical tools and strategies to support their youth's mental well-being. Each session focuses on a specific mental health topic and provides helpful resources and tips that can be used right away.

These sessions are psychoeducational webinars, not to be used in place of clinical treatment.

MONTHLY VIRTUAL MEETINGS
2025-2026
SEP • OCT • NOV • DEC • JAN • FEB • MAR • APR MAY • JUN

Connect with Other Parents/Caregivers & Learn How to Support Your Child!

UPCOMING VIRTUAL SESSIONS:

Suicide Prevention
Wednesday 9/17 12-1:00pm
Developed by the American Foundation for Suicide Prevention, the session is designed to help parents, teachers, and other caring adults recognize the warning signs of suicide in youth, initiate conversations around depression and suicidal thoughts, and guide them in helping young people access needed support and resources.

Less Stress, More Joy: Holiday Prep for Parents
Wednesday 11/12 12-1:00pm
This interactive webinar will help you plan for a more peaceful and meaningful holiday season. NJ4S will share simple strategies and practical tools to help you set healthy boundaries, manage stress, and prioritize your well-being.

Suicide & Social Media
PRESENTED BY Jonathan Singer Ph.D., LCSW
Wednesday 1/21 6:30-8:00pm
This webinar will translate the most important research on social media and suicide risk into practical tips.

High Stakes: The Rising Risk of Youth Gambling
Tuesday 3/10 12-1:00pm
PRESENTED BY New Bridge Services
Information will be shared about the growing issue of youth gambling, shedding light on trends, what to look for, and available resources.

A Parent's Guide to Youth Mental Health
Wednesday 5/13 6:30-7:30pm
This webinar will focus on the various aspects of mental health, how to have the conversation with a youth in your life, and what to expect after the conversation.

Teen Dating Violence: Visible & Voiced
Tuesday 10/21 6:30-7:30pm
This session equips parents with the tools to recognize signs of dating violence in teens and respond with confidence. Learn how to spot red flags, support open communication, and help your teen build safe, healthy relationships.

Spotting the Signs: A Guide to Youth Substance Use Awareness
PRESENTED BY Center for Prevention and Counseling
Tuesday 12/9 12-1:00pm
Participants will be equipped with with tools and knowledge to recognize and respond to youth substance use.

Eating Disorders 101
Tuesday 2/24 6:30-7:30pm
Information, signs to recognize, and resources will be shared on the topics of anorexia nervosa, bulimia nervosa, and binge-eating disorders.

Parent/Caregiver Support for Children on the Spectrum
Tuesday 4/21 6:30-7:30pm
The session will provide a safe, supportive, and empowering space for parents/caregivers of children on the autism spectrum to connect, share topics, and build resilience through tools for mental health, self-care, and caregiving.

Bored to Brave: Building Independence through Community Adventures this Summer
Tuesday 6/2 12-1:00pm
This webinar will cover the impact of changing schedules, empowering youth to reduce screen time, and creating opportunities within the home, neighborhood, and community. Our NJ4S summer programs will be noted, as well as free resources within the counties.

CLICK BUTTON TO REGISTER

973-334-4052
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