## **Parent Academies**

Learn strategies and suggestions to support your child at home.

## Virtual Meetings on Zoom:

Join Link: https://us06web.zoom.us/j/87175466644?pwd=0YloNngOEF7vGMRxN3KMAhcP4BnasH.1

Passcode: Coms

Meetings will be recorded and placed on the school website.



January 10th: Addressing Big Feelings in Adolescents @ 5pm with Ms. Mujanovic, Dr. Cohen, Ms. Tastan

January 24th: Mindfulness & Emotional Regulation @ 7pm with Ms. Parise and Ms. Urraro

January 30th: Video Games Impact on Brain Development @ 7pm with Ms. Zariello and Ms. Bellini

February 5th: Social Media @ 5:30 pm with Mrs. Liebling and Mrs. Guidone