Parsippany-Troy Hills
Student Assistance Counselors (SACs)

JOIN OUR PARENT PROGRAM - A NERVOUS SYSTEM RESET

WHAT TO EXPECT

- HEAR FROM GUEST SPEAKER, PAUL LAVELLA, OF THE NJ RECOVERY & WELLNESS CENTER
- LEARN ABOUT CURRENT TRENDS & BEHAVIORS AFFECTING YOUTH
- LEARN ABOUT WHAT IMPACTS A TEEN'S NERVOUS SYSTEM
- UNDERSTAND STRATEGIES TO BUILD RESILIENCE & SUPPORT HEALTHY EMOTIONAL REGULATION

DECEMBER 8, 2026 AT 6:30 PM

Optional Pre-Registration Form

Virtual Meeting Linked Here