FLEMINGTON-RARITAN
Regional School District

SUPERINTENDENT'S PARENT ACADEMY

Dr. Burns invites all parents to attend these informative sessions, presented in partnership with Hunterdon Behavioral Health School Based Services. Sessions are at 6:30 PM at J.P. Case Middle School, with a virtual option.

Wednesday, December 16



Youth Mental Health: Signs & Support

This session will provide an overview of how to recognize potential signs of mental health challenges in youth and tips for engaging in supportive conversations. Participants will gain practical knowledge about adolescent behavioral health services and levels of support available within Hunterdon County.

Wednesday, January 13



Social Media's Impact on Mental Health

This session explores the complex relationship between social media and mental health, highlighting research on both its positive and negative effects. It examines how different platforms can influence self-esteem, anxiety, depression, and social connection, particularly among children and adolescents.

Wednesday, March 24



A Trauma-Informed Approach to Learning

This session will provide insight into the impact that trauma and adverse childhood experiences can have on a student's ability to learn, develop, and engage within the educational environment. It reviews how the brain processes traumatic situations and how trauma can present in youth mental health.

Come In-Person or Join Virtually
Link available at www.frsd.us.