

Parenting for Success, Building Resilience

Presented by Megan Cook, LAC

Resilient kids are better equipped to navigate the challenges of middle school, high school, and beyond. Today's teens face pressures that parents have never experienced and some young families are dealing with devastating outcomes. Learn how to help build resilience by fostering Competence, Confidence, Connections, Character, Contribution, Coping Skills and Control. **It is important to lay the foundation now for a healthy, successful life.**

"How do we introduce social media and technology: that first phone or a new video game?" This topic, responsible for many gray hairs and heated family debates, will be used to illustrate some of the parenting skills being taught.



Megan Cook is a Licensed Associate Counselor working with adolescents, families, couples and adults at Watchung Psychological Associates. She is also a NJ State Certified Student Assistance Counselor. Megan has vast experience in school-based settings and has helped individuals struggling with substance abuse, depression, anxiety, and post-traumatic stress disorder. Her Student Assistance Program received the National Award for Program of Excellence in 2006 and focused on prevention and intervention to reduce risk factors and promote student mental health. Megan has presented at national conferences but we are fortunate that she lives and works here in our own community. She is excited to share her expertise and knowledge with young parents, helping them set their kids up for successful and healthy lives.

Prevention Starts Early- join us and learn to promote strengths & foster resilience while building strong family connections.



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