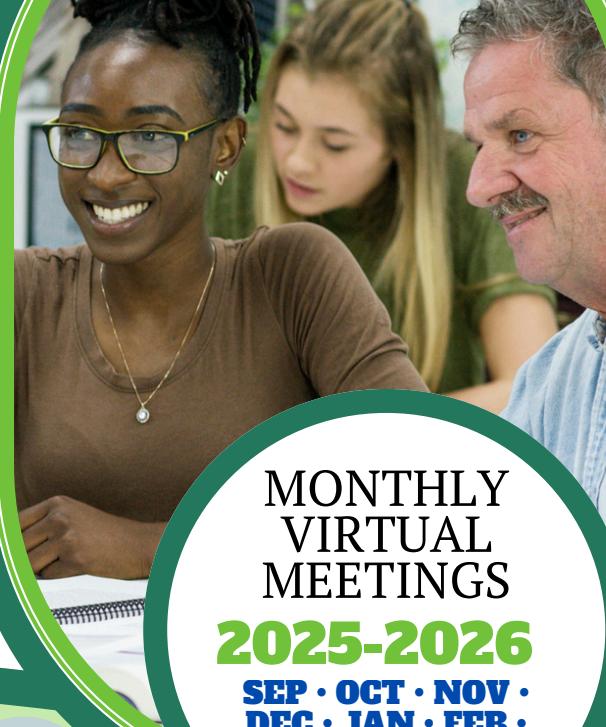


NJ4S PARENT ACADEMY

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.



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.



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.



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 tools and knowledge to recognize and respond to youth substance use.



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.



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.



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.



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.



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.



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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