

METUCHEN PARENT ACADEMY: DEVELOPING INDEPENDENT COPING SKILLS



Imagine your child/ren independently coping with their emotions and dealing independently with the emotional stressors they come across in daily life inside and outside of school.

Sound too good to be true? It is not; it is possible; it is happening in Metuchen. We know how to teach students how to be independent academic, social and emotional problem solvers. And when the school and parents partner up, your child thrives even more.

Come learn how you as a parent can accelerate your child's development of independent coping skills, for free, at our 4 part (1 hour each session) Parent Academy.

When are the sessions?

Wednesday evenings from 7:30 pm - 8:30 pm on the following dates:

February 23, March 9, March 23 and April 6

see next page for more details, sign up and contact info

Each of the 4 Parent Academy sessions will include a brief mini lesson on how the brain works to process emotions and how to develop your child as the CEO of their own brains to maximize their emotional intelligence.

After each mini-lesson on the brain and emotional intelligence, there will be breakout sessions by school and special needs facilitated by coping skills trained and experienced Metuchen teachers of that school / area.

See list below for breakout choices available:

Moss - Kelsee Young and Michelle Herold

CES - Sofia Lopes

EMS and MHS - Vivian Petrakakos, Emily Presuto, Jennifer Miller

Focused on Students with Special Needs (Primary) - Katie McKenna

Focused on Students with Special Needs (Secondary) - Lindsay Nalepa

How do I sign up?

https://docs.google.com/forms/d/e/1FAIpQLSe22j_rnFnIVF9OpjCZHp4rjeVpONBHaMPqeXe8N1M-M9OxnA/viewform?usp=pp_url

If you have any questions, please email Rick Cohen, Assistant Superintendent, at rcohen@metboe.k12.nj.us