



**Atlantic
Health System**
Children's Health



This newsletter is to keep schools and parents up-to-date on programs and happenings presented by Atlantic Health System. Please see available programs below.



Resiliency and You 2.0 (Parent Presentation)

**Tuesday, October 5,
7:00pm, virtually.**

To register, [click here](#).

Learn typical reactions to disasters, bodily cues of stress, and ways to increase personal resilience.

Presented by Kennia Salmeron and Alana Brown, Crisis Counselors, NJ Hope and Healing.

Save the Date:

Session #3:
Tuesday October 12 at
7:00pm: Family Self-Care
Game Night.



Meet the Local Sleep Experts: Children and Sleep Q&A

**Wednesday, October 6,
12:00pm, virtually.**

To register, [click here](#).

Or

**Wednesday, October 13,
7:00pm**

To register, [click here](#).

Meet the sleep experts and discuss sleep issues in toddlers and teens, snoring, sleep hygiene and more.

Presented by Ashish Shah, MD; April N. Wazeka, MD; and Ramneet K. Gill, MD; Pediatric Pulmonology, Pediatric Sleep Medicine, Atlantic Health System.



Tackling Sports After COVID-19

**Tuesday, October 19,
5:00pm, in person.**

To register, [click here](#).

**Audio only:
1-800-247-9580**

Starting 6:00pm

In recognition of World Pediatric Bone & Joint Day, join us to understand how COVID-19 and the pandemic lifestyle affects the body and the brain as well as strategies for children to return back to sports safely.

Presented by Barbara Minkowitz, MD, chief of Pediatric Orthopedic Surgery, medical director of Pediatric Bone Health; Ellen Dean Davis, MD, pediatric orthopedic surgeon, and Jason Minion, MD, child and adolescent psychiatrist, Atlantic Health System.

PEDS-43540-21

Pre-registration is required. Please use the links associated with each program. For additional programs, visit atlanticealth.org/events.

If you have any questions, please reach out to Candace Wu, 973-971-7402 or Candace.Wu@atlanticealth.org