

Parenting Toolbox Series: Family Connections



Join experts from Atlantic Health Systems' Goryeb Children's Hospital and Atlantic Behavioral Health for these unique and powerful trainings that focus on meaningful conversations, mindfulness, and lighthearted ways to create opportunities for family connections. Pre-registration is required.

All parents, caregivers, and school personnel are welcome to attend.

Thursday, October 13, 2022, at 6:00pm

Coping Skills for Parents of Special Needs Children,

presented by

Tara Helfrich, CCLS, CEIM, CPST, Goryeb Children's Hospital, Atlantic Health System

Heather Hernandez, LMFT, CCLS, Goryeb Children's Hospital, Atlantic Health System

To register, click here:

https://atlanticealth.zoom.us/webinar/register/WN_UgUncEtvQsCHLfxmue759Q

Tuesday, October 25, 2022, at 6:00pm

Mindfulness Tools for Families,

presented by

Sharon Kelly, LCSW, Atlantic Behavioral Health, Atlantic Health System

Megan Calabro, MA, MT-BC, IMH-E®I, Goryeb Children's Hospital, Atlantic Health System

To register, click here:

https://atlanticealth.zoom.us/webinar/register/WN_2ltDmBEPT4yqT22KLXzTIQ



**Atlantic
Health System**

Goryeb Children's Hospital



For more information, contact

Candace Wu, 973-971-7402 or

Candace.Wu@atlanticealth.org