

THE MENTAL HEALTH ASSOCIATION
OF MONMOUTH COUNTY

An Affiliate of



A VIRTUAL PRESENTATION FOR PARENTS AND GUARDIANS OF HIGH SCHOOL STUDENTS:

THE CHALLENGES OF PARENTING DURING COVID-19

The current reality for many is that we are spending more confined time than perhaps feels productive with all members of our families. This can be especially challenging for parents/guardians and their high school students. Three Monmouth County mental health professionals who have spent years living and working with kids and families have joined forces to put together an hour-long program that will provide support and guidance for some of the teenage parenting challenges presented by COVID-19.

LEARN:

- Techniques for addressing the chronic stress that colors our lives in this COVID-19 climate
- When to take action on your concerns about your child's mental health and the local resources available for assessment and treatment
- How to manage that family time in more productive and constructive ways

THURSDAY, NOVEMBER 19TH, 7:30-8:30 PM

MAUREEN UNDERWOOD, LCSW - Author of the nationally recognized evidence-based Lifelines Youth Suicide Prevention Trilogy, and a national speaker on children's mental health issues.

SUSAN TELLONE, MSN - Clinical Director for the Society for the Prevention of Teen Suicide, former Vice President of the Mental Health Association of Monmouth County and former school nurse for 10 years.

NICOLE NOLAN, MPP, MSW, LSW - Director of Adolescent Suicide Programming at the Mental Health Association of Monmouth County and school counselor and cheer coach.

All guides have lived experience as parents and in some cases as grandparents!

This free training is made possible by a suicide prevention grant from the Monmouth County Department of Human Services awarded to the Mental Health Association of Monmouth County in collaboration with the Society for the Prevention of Teen Suicide and the YMCA of Greater Monmouth County.



©MHAMC

**PRE-REGISTRATION IS FREE BUT REQUIRED AT:
<http://bit.ly/nov19parents>**