



## **Parent Connections Program**

**Description:** West Bergen Mental Healthcare in collaboration with Ridgewood School District will be offering a new resource program for parents with children in K-5. The goal is to help parents/guardians: to guide, teach, listen and support you. Raising children can be challenging, stressful and is a constant balancing act.

### **Program includes:**

- Topic based workshops through-out winter/spring. Date/workshops TBD.
- Parenting Mentoring groups offered weekly, day and evening sessions.
- Individual Parent Consultations to assist with child's emotional, behavioral and learning concerns.
- Assistance with balancing busy schedules: ways to de-stress, time-management, discipline, creating structure at home and time for yourself.
- Therapist can collaborate with designated school staff for consultation if needed.
- Assistance with Resources and Linkage to Services in the Community

**\*\*A West Bergen therapist is available as support for FREE and CONFIDENTIAL services. Contact information below.**

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**Ridgewood's Parent Wellness and Resiliency Project**

