

**THE CRANFORD PARENT ACADEMY,  
THE CRANFORD PTC  
AND  
LOCAL COMMUNITY ORGANIZATIONS  
ARE SPONSORING A SERIES OF PRESENTATIONS TO SUPPORT THE  
HEALTH AND WELLNESS OF OUR CHILDREN  
2019-2020**

**SEPTEMBER**

**SOS: Signs of Suicide Prevention Program**: Parent training was offered to recognize the signs of depression and suicide, a program offered through the Sandy Hook Promise initiative. Missed the presentation? [Click here for the training.](#)

*Wednesday, September 25th, 2019 @ 6:30 pm  
Evening parent presentation grades K-12  
CHS Auditorium*

**OCTOBER**

**Vaping and Current Drug Trends**

**Partnership for Drug Free Kids**, Cranford Police Dept., Knights of Columbus, Cranford Municipal Alliance  
*Wednesday, October 16th @ 6:30 pm  
Evening parent presentation for grades 6-12  
CHS Auditorium*

**Like Us**: An original film, created by middle school students, is a story about self-identified misfits who come together to achieve something greater, persevere, overcome their fears, and help one of their own. Learn about bullying awareness and prevention, and a message of acceptance and belonging. This film was screened at the [Golden Door International Film Festival](#)! Don't miss it when it comes to Cranford!

*Wednesday, October 23rd @ 6:30 pm  
Evening family presentation **for parents and students** grades 2-8  
Come for the snacks - stay for the movie (43 minutes) and interactive discussion after the movie!  
HAS Auditorium [RSVP HERE](#)*

**Connecting With Your Teen: Difficult Conversations and Setting Boundaries**

**Here2Help** and the Mental Health Coalition present Angelo D'Amico, M.A., LAMFT from High Focus Centers in Cranford who will lead a panel of experts in discussing setting healthy boundaries, detaching with love and providing empathetic support. Parenting styles will be identified; the advantages and disadvantages of each, as well as empirical research about outcomes will be discussed.

*October 30th, 2019 @ 7:00 pm  
Evening parent presentation grades 6-12  
Westfield Memorial Library*

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## **NOVEMBER**

**Full Value Community:** Cranford Public schools has partnered with John Grund, LCSW, to support the implementation of the six principles of Full Value, which supports our students' social and emotional learning to co-create a successful learning environment among students, faculty, staff, administration and parents.

[www.johngrund.com](http://www.johngrund.com)

*November 13th, 2019 @ 7:00 pm*

*Evening parent presentation for parents grades K-12*

*CHS Library* **RSVP COMING SOON**

## **DECEMBER**

**Full Value Activity Night:** an evening of fun activities to explore and practice the Full Value principles

<http://fullvaluecommunities.org/>

*Tuesday, December 3rd, 2019 @ 6:30 pm*

*Evening parent presentation*

*Location TBD* **RSVP COMING SOON**

## **JANUARY**

### **John Mopper "State of the Union" Address**

John Mopper, MA, LPC, Co-Owner and Therapist at [Blueprint Mental Health](#), will take parents through the issues that therapists are seeing with youth today. He will offer strategies for recognizing stress, anxiety, and mental illnesses while also sharing skills to assist parents in helping their children develop good practices towards resiliency.

*Wednesday, January 8th, 2020 @ 7:00 pm*

*Evening parent presentation*

*CHS Library* **RSVP COMING SOON**

## **FEBRUARY**

**This is Your Brain on Phones:** Smartphone and Cell Phone Overuse

Cranford Police Dept. and Prevention Links

*Wednesday, February 19, 2020 @ 6:30 pm*

*Evening parent presentation grades K-12*

*CHS Auditorium*

## **MARCH**

**Full Value Activity Night:** an evening of fun activities to explore and practice the Full Value principles

<http://fullvaluecommunities.org/>

*Tuesday, March 10, 2020 @ 6:30 pm*

*Evening parent presentation*

*Location TBD* **RSVP COMING SOON**

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**APRIL**

**Screenagers Movie:** Next Chapter: Empowering Youth with Stress Resilience

*Wednesday, April 15 @ 7:00 pm*

*7th and 8th Grade presentation during the school day - Evening parent presentation for grades K-12*

*Location TBD* **RSVP COMING SOON**

**MAY**

**Full Value Activity Night:** an evening of fun activities to explore and practice the Full Value principles

<http://fullvaluecommunities.org/>

*Wednesday, May 6th, 2020 @ 6:30 pm*

*Evening parent presentation*

*Location TBD* **RSVP COMING SOON**

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