

Press from:

The New Providence School District
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Subject: **School District Consortium hosts Parent Wellness Series**

For a fifth year, the Superintendents and Student Assistance Counselors (SAC) of Summit, Chatham, Millburn, Berkeley Heights, and New Providence have entered into a Consortium committed to offering programs to families that focus on student needs in our communities. Each district will host an awareness forum as part of the ***Parent Wellness Series*** at their respective high school and invite members of each of the participating communities to attend.

The first event, ***Supporting Teens in Reducing Their Stress (and ours) in the Pursuit of Success*** will take place Tuesday, October 15, 2019, 7:00 pm at **Summit High School**.

Join Matt Bellace, PhD. clinical psychologist and stand-up comedian who uses humor to convey his very powerful message - we need to support young people in both words and actions if we want them to make healthy choices for themselves. This program will focus on how parents can help foster skills in a supportive environment without arguing. The goal is to help improve the quality of life for both parents and their teens.

More information can be found on the New Providence School District website [HERE](#).