



UNION COUNTY PUBLIC SCHOOLS

PARENT

EDUCATION SERIES

UCPS is offering five workshops to help parents with resources and tools to navigate tough situations. All parents are invited and encouraged to attend one or all of the following sessions.

UNDERSTANDING TRAUMA AND RESILIENCE

Feb. 17 at 6 p.m. - Cuthbertson High School

- Practical strategies to treat trauma.
- Principles for mitigating the impact of trauma as parents and a school community.

PRESENTER: Rachel Milbourn, LCSW - Sage Counseling

GRIEF

March 17 at 6 p.m. - Piedmont High School

- How to identify grief and types of losses?
- How to support grieving children?

PRESENTER: Judy Cline, MSW, LCSW - Bereavement Technician

SUICIDE AWARENESS

March 24 at 6 p.m. - Porter Ridge High School

- Warning signs and myths.
- Current national and state trends.

PRESENTERS: Dr. Tracey Carney - SEL Coordinator, Dr. Melissa Todd - School Psychologist
Susan Slattery-Rogers, MSW - School Social Worker, Belle Walker, MSW - Lead School Social Worker
and Kelly Whitley, M.A. - School Counselor

iRULES: WHAT EVERY TECH HEALTHY FAMILY NEEDS TO KNOW

April 28 at 6 p.m. - Forest Hills High School

- How to develop a tech-healthy family?
- Trends and resources to help navigate social media.

PRESENTER: Janell Burley Hoffman

FAMILY WELLNESS

May 19 at 6 p.m. - Sun Valley High School

- How to develop a wellness plan for my family?
- Resources/apps to help my family.

PRESENTER: Tracey A. Leitner, RN, BSN - Atrium Healthcare

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