



# Raising Resilient Teens in Challenging Times

In the modern world, our teens and students face complicated pressures, and it seems like they are always changing! From social media to academic pressures, the challenges of parenting have evolved dramatically. This presentation will focus on the risk factors children may face and what you can do as parents to empower and protect your child, while also touching on the prevention based curriculum that your school will be providing to students this year.

*Lifelines* Master Trainers and Experts will present on the *Lifelines* program and answer your questions in this parent presentation offered by the Mental Health Association of Monmouth County.

Tuesday, November 5th - 6:30pm  
Howell Middle School North Cafetorium

**Mental Health Association  
of Monmouth County**

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