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Mahwah Municipal Alliance

AN EVENING WITH DR. MATT BELLACE

PARENT PROGRAM: SUPPORTING TEENS IN REDUCING THEIR STRESS (AND OURS)



PROGRAM FOCUS

- **How parents can help foster stronger non-cognitive skills in a supportive environment.**
- **Techniques will be presented such as: mindfulness meditation, effective communication and using natural highs as healthy coping mechanisms against stress, alcohol and other drug use and bullying behavior.**
- **The goal is to help improve the quality of life for both parents and their teens.**

JOIN US

DATE:

THURSDAY, MARCH 30TH

TIME:

7PM

LOCATION:

**MAHWAH HIGH-
SCHOOL AUDITORIUM
50 Ridge Rd, Mahwah,
NJ 07430**

**AS A CLINICAL PSYCHOLOGIST AND STAND-UP COMEDIAN, DR. BELLACE 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."**