

***The South Plainfield Municipal Alliance will host a  
Parent Academy.***

**A Parent Awareness Academy  
Topic: Finding Life's Balance: How to Manage  
Yourself in the Midst of Chaos**

The session will look at the origins of stress. Participants will be able to walk a labyrinth and experience some introductory exercises in Mindfulness

***The presentation will be by Mr. John Kriger***

Keynote and content expert speaker, consultant and author  
Member National Speakers Assoc.

Author of:

The Pond: A Small Book About Making Big Changes - Now required reading for J&J  
and Rutgers School of Health Leadership

Turned On and Tuned Out: A Guide to Understanding and Managing Tech Dependence

Watch our new Tech Dependency Intro Video at: <http://youtu.be/LX8vIJfml8>

**Date : May 30, 2018**

**Time : 6:30 P.M.- 8:30 p.m.**

**Where : Middle School Information Center**

**Focus : Dealing with stress**

This highly acclaimed session offers an impactful overview of the most up-to-date information available today on adolescent behavioral trends, focusing intensely on the primary issues facing parents and professionals today. Learn the most current information on these high-risk behaviors, and how they are drastically changing the risk potential for every family. Discover the risks, various sources of information and what every parent and professional is up against.

**Please, no children of any age**

Kelly Richkus  
South Plainfield Alliance Coordinator  
South Plainfield Middle School  
(908) 754-4620 ext. 386

