

THE WILLIAM ANNIN MIDDLE SCHOOL PTO INVITES
BERNARDS TOWNSHIP PARENTS AND GUARDIANS TO
AN INFORMATIVE PRESENTATION

**“Helping Your Child Manage the Academic &
Social Pressures of Middle School”**

Thursday, April 2nd
9:15 AM to 11 AM
WAMS Auditorium
70 Quincy Road, Basking Ridge

The WAMS PTO-sponsored presentation includes a brief announcement on PTO news and events, as well as welcome remarks and an update from Principal Karen Hudock.

The middle school and high school years can be challenging for all. Ms. Lauren Muriello, MA LPC, will provide insight to understanding your middle school teen, and offer tips on ways to keep them on a level emotional path by helping them manage academic and social stressors.

Topics Covered:

- Healthy coping skills for managing academic and social stressors
- Common adolescent behaviors and mental health symptoms
- What's happening in the adolescent brain
- What parents can do to help foster healthy psychological development
- Healthy parent/child relationships
- What to do when symptoms get more severe



Lauren Muriello, MA LPC
Well Being Therapy Center
973.794.6888
www.wellbeingtc.com

Lauren Muriello, MA LPC is the Founder of Well Being Therapy Center with locations in Montville and Short Hills, NJ.

Lauren and her staff provide individual, family, and group therapy to children, adolescents, and couples. Lauren's specialty has always been teen issues – including self-harm, social anxiety, and addressing how family dynamics impact adolescent development.

Previously, Lauren was Co-Director of Omega Teen Camp, a division of the Omega Institute (the Nation's largest holistic education center). In this role she worked with more than 200 staff and teens to ensure the program was successful in providing a safe and supportive environment for adolescents to successfully manage life challenges. Lauren received her Bachelor's Degree from Cornell University, and her Master's Degree from Montclair State University.

This program is intended for parents and guardians only. Please do not bring children to this event.

JOIN US FOR AN INFORMATIVE EVENING!
QUESTIONS? PLEASE CONTACT THE WAMS PTO AT wamspto@yahoo.com