

Hardyston Township Special Education Parent Advisory Group  
SEPAG



Bringing the school and the community together

*Join us for our open forum featuring keynote presentation by Kristy Lavin, LCSW.*

## **Coping and Managing Strong Emotions: For Children and Adolescents**

Tuesday November 15th at 7pm at the Hardyston Middle School

***Presentation is specially designed for parents, families, and professionals, including educators.***

- There will be practical applications, examples, and resources to be used:
  - in home, school, and community settings.
  - covering all age groups from preschool through young adulthood.
- Topics include childhood anxiety, behavioral challenges and many more.
- Presentation will also address how to utilize technology to help children self-regulate.

***About Kristy Lavin, LCSW - Child and Family Psychotherapist.***

*Kristy Lavin is a Licensed Clinical Social Worker in private practice in Hamburg, NJ. She has 14 years experience working with children and families in a prevention and treatment setting. Additionally she has been providing therapy as a licensed clinician for nine years. Ms. Lavin specializes in play therapy, mental health counseling, family therapy and trauma focused treatments.*

*Countywide resources will also be available.*

**You don't have to be a parent or staff member in the Hardyston School District to attend - EVERYONE IS WELCOME.**

*with additional updates from the SEPAG & discussion of current topics of interest*

Light refreshments and snacks will be served. We look forward to seeing everyone.  
*Any questions please contact Ria Smith - [hardyston.sepag@gmail.com](mailto:hardyston.sepag@gmail.com)*

**Please RSVP online at [www.hardystonsepag.org](http://www.hardystonsepag.org)**