

Summer Serenity Series: A Parent's Guide to a Healthy and Meaningful Season



Join experts from Atlantic Health System Goryeb Children's Hospital for a webinar series designed to equip parents with tools and strategies needed to navigate the summer months with ease and confidence. From managing mental health to engaging in multi-sensory activities and promoting healthy eating habits our presenters will provide useful insight and practical tips to ensure a summer filled with health, joy, and well-being. Pre-registration is required. All parents, caregivers, and school personnel are welcome to attend.

Thursday, May 30, 2024, at 7:00pm

Outdoor Activities for the Whole Family

presented by

Heidi Meramo, MS, OTR/L PCES, Atlantic Rehabilitation Services, Atlantic Health System

To register, click here:

https://atlanticealth.zoom.us/webinar/register/WN_EgP_e9kmRdiX2urMcAYP2g

Thursday, June 6, 2024, at 7:00pm

Supporting and Strengthening Children's Mental Health Over the Summer: Tips for Parents and Caregivers

presented by

Christopher Lynch, PhD, Director, Pediatric Behavioral Health, Goryeb Children's Hospital, Atlantic Health System

To register, click here:

https://atlanticealth.zoom.us/webinar/register/WN_V8yYizVsT9-6LGmQickarw

Thursday, June 13, 2024, at 7:00pm

Fueling Fun: Summer Nutrition for Kids

presented by

Katherine Mott, MS, RD, The Goryeb Kid-Fit Program, Atlantic Health System

To register, click here:

https://atlanticealth.zoom.us/webinar/register/WN_tuh9fu_eRcaB5YiuV-ocrw