

Winter Wellness: Tips for Families Navigating the Holidays and Winter Break



Join us for "Winter Wellness: Tips for Families Navigating the Holidays and Winter Break,"
A must-attend webinar for families looking to thrive during the upcoming holiday season.

Presented by Nicole Thomas, MD, FAPA, child & adolescent psychiatrist, Department of Psychiatry, Morristown Medical Center, and Sarah Keir, MSW, LCSW, social worker, Pediatric Endocrinology, Atlantic Health System.

We'll explore essential wellness strategies, practical tips for maximizing family time, and identify potential challenges that can arise during this time. You'll also receive valuable resources to support children and adolescents who may be struggling and have an opportunity to ask the experts questions. Don't miss out!

Pre-registration is required.
All parents, caregivers, and school personnel are welcome to attend.

Thursday, November 21, 2024 at 6:00pm

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To register, click here:
https://atlantichealth.zoom.us/webinar/register/WN_5ur7RzWvQvOmUq1o2wQc5A