

UPCOMING EVENTS



Wednesday Workshops

APRIL

8

6:30-8pm

My Two Homes: supporting divorced families

- For parents and kids ages 8–12, this workshop offers a warm, interactive space to navigate life after divorce. Families start together with two age-appropriate books that help kids understand and express their experiences, then split into separate groups where kids learn coping skills and parents gain tools for communication and emotional support.

APRIL

29

7-8:15pm

ADHD: The Scattered Middle School BRAIN

For parents & middle-schoolers! Bring the Chromebook, bring the backpack, bring your hope. We'll work together—and in separate groups—on real tools, real skills, and real support.

MAY

13

7-8:15pm

Parenting the Neurodivergent Teenager

Spend an hour with experts to learn how to parent your neurodivergent teen with clarity, compassion, and confidence. This workshop offers insights that help your whole family thrive & that work best with your child.

Sign up today: 973-588-4486

www.parenttrain.com