



**COMPASS**  
NJ4S SUPPORTING MONMOUTH & OCEAN COUNTIES

by



**PREFERRED**  
BEHAVIORAL HEALTH GROUP  
An Oaks Integrated Care Affiliate

# Summer Wellness Series



**Ocean County Library, Jackson Branch**  
**2 Jackson Drive, Jackson, NJ**



**Simultaneous sessions for caregivers and students in Grades 3-5**  
**provided by NJ4S COMPASS Prevention Consultants**



**Mondays from 6:00 - 7:00 pm**

## *Trainings for Caregivers*

**See reverse side for training for students in Grades 3-5.**

### **7/8/2024 - The Mindful Parent**

Mindfulness is a way of being aware of feelings and thoughts as they are happening in the present moment. During this workshop, parents and caregivers will be provided with helpful tools that support children to confidently navigate their emotions and daily lives in school, sports, and family.

### **7/22/2024 - The Connection Between Thoughts, Behaviors, and Emotions**

This program allows caregivers to explore effective communication strategies which can help themselves and their children to calmly and clearly communicate a message. These strategies include breathing techniques, identifying emotions, and a 3-step system for resolving conflict.

### **8/5/2024 - The Nurtured Heart Approach to Parenting**

With a focus on positive reinforcement, communication techniques, and individualized support, this program empowers parents and caregivers to cultivate a nurturing environment that promotes a child's overall development and well-being.

### **8/19/2024 - The Power of Gratitude**

Studies have shown that when we practice gratitude, happiness increases, stress and depression decrease, and we are able to build stronger relationships with those around us. This program provides caregivers time and space to think about and practice gratitude.



**To register, please contact the Jackson Library Branch at 732.928.4400.**

**For more information please call or visit us at:**

**732.367.4700**

**PreferredBehavioral.org/nj4scompass**





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## Trainings for Students

See reverse side for training for caregivers.

### 7/8/2024 - What is Mindfulness and Why is it Important?

Mindfulness is a way of being aware of feelings and thoughts as they are happening in the present moment. This session teaches children ways to reduce stress and feel calm through a story and activities, such as breathing techniques.

### 7/22/2024 - The Connection Between Thoughts, Behaviors, and Emotions

This session teaches children how thoughts and emotions influence behaviors. Through a story and interactive activities, children will learn ways to think and act positively.

### 8/5/2024 - Helping Children Express Their Feelings

This session introduces children to what a conflict is and gives them tools to respond to and resolve conflict. Children will learn about "I-Statements" as a way of expressing feelings. Through a story and activities children will experience how to use simple statements to explain their feelings in positive ways.

### 8/19/2024 - Gratitude Makes Everything Better

This lesson provides children time and space to think about and practice gratitude. After listening to a story, the children will learn to focus on all they're grateful for in a mindfulness gratitude activity.



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