



The Bergen County Technical Schools, in conjunction with Bergen County Therapy, are proud to announce

*Navigating Success Through Wellness'*

**PARENT SUPPORT GROUPS 2020—2021**

Welcome to year two of our district Wellness initiative. Our goal continues to be fusing the connection between academic success and mental and physical wellness for all students.

At BCTS, we strive to provide students, families, and staff with the tools to live the healthiest life possible!

*Parents and guardians... we invite you to attend our meetings and learn more ways to further support your BCTS student and ensure their continued success through wellness!*

**Please check your email for Zoom link invite which will be sent out week preceding meeting.**

Parent support and educational meetings will be facilitated by Jill Pantaleo, LCSW and BCTS staff. September - November meetings will occur on the 1st & 3rd Wednesdays of the month in a **virtual setting**. December - June will be held on the 1st Wednesday of the month only. Setting TBD.

**The schedule is as follows:**

September 16th 7:00—8:00 pm  
October 7th & 21st 7:00—8:00 pm  
November 4th & 18th 7:00—8:00 pm  
December 2nd 7:00—8:00 pm  
January 6th 7:00—8:00 pm  
February 3rd 7:00—8:00 pm  
March 3rd 7:00—8:00 pm  
April 14th\*\* (Second Wed.) 7:00—8:00 pm  
May 5th 7:00—8:00 pm  
June 2nd 7:00—8:00 pm

