



well BEING therapy center

Licensed Individual & Family Therapists

Teens and Children | Couples and Divorce
Private Sessions | Supportive Groups

clientsupport@wellbeingtc.com
(973) 794-6888

Two NJ Locations: Montville | Short Hills

The Consortium of Berkeley Heights, Chatham, Millburn, New Providence & Summit School Districts Invites you
to attend

**Helping Your Child Develop Healthy Coping Skills for Life
Essential Tips & Tools for Modern Parents of Elementary Age Students**

New Providence HS/Middle School

Wednesday, March 13th at 7 pm

In Room 132 (Choir Room)

Presented by
Lauren Muriello, MA LPC
Founder of Well Being Therapy Center

Topics include:

- Common stressors and symptoms (academic concerns, family dynamics, social anxiety, behavior problems, etc.)
- What's happening in the brain at this age
- Healthy Coping Skills (audience participation)
- What parents can do to help foster healthy psychological development
- Healthy parent/child relationships
- What to do when symptoms get more severe

Presented by: Lauren Muriello, MA LPC, Founder of Well Being Therapy Center. Lauren is the former Director of Omega Teen Camp - a division of the Omega Institute (the nation's largest holistic education center). Lauren and her staff provide therapy to thousands of teens and their families in Northern NJ.

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Montville, NJ & Short Hills, NJ.*



Lauren Muriello, MA LPC

Licensed Psychotherapist
Founder & Director of
Well Being Therapy Center

For information, call us at:

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Email us at:

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www.wellbeingtherapycenter.com