

# The Glen Rock Elementary Counselors & The Behaved Brain Present: A Student Wellness Workshop Series

## Optimizing Brain Health in Children April 6th at 7pm

Discussion of strategies to help create a healthy environment for your child. Learn stress management techniques and ways to coach your child through today's stressful, unpredictable environment.



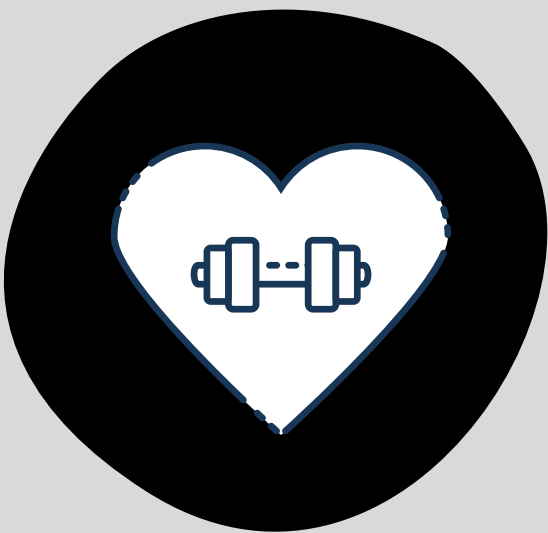
## Navigating Social Media and Technology May 4th at 7pm

Professionals will explore ways to help children navigate social media and screen time. Facilitation of discussion around struggles, considerations of safety and finding what a healthy balance means for your family.



## Developing Resiliency in Children June 7th at 7pm

Attachment theory and effective modeling in children can increase their independence and resiliency. Session will focus on ways to teach children how to overcome obstacles, think more positively and build confidence to help navigate their world.



### The Behaved Brain and Founder, Katie Gately, LPC, BCBA

Behaved Brain Wellness Center is a pediatric therapy practice in Ho Ho Kus, NJ. The Center focuses on implementing cognitive-behavioral strategies, as well as coaching children and their families in creating a healthy home environment.

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Katie is a dually-certified Board Certified Behavior Analyst and Licensed Professional Counselor who focuses on creating a healthy brain-environment and is passionate about empowering children and their parents to overcome life's obstacles.

Click [Here](#) to Register

**Optimizing Brain Health In Children**  
April 6th at 7pm  
[Zoom Webinar Link](#)

**Navigating Social Media and Technology**  
May 4th at 7pm  
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**Developing Resiliency in Children**  
June 7th at 7pm  
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We look forward to seeing you!  
Your Counseling Team,

Michelle Giurlando  
Director Student Personnel Services

Garrett Avitabile  
School Counselor, Byrd School

Ann Chon  
School Counselor, Central School

Chrisanne Moger  
School Counselor, Coleman School

Jessica Falkenstern  
School Counselor, Hamilton School

