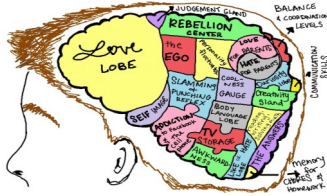


# Empowering Your Teen Through Love, Logic & Connection



## Parent Workshop:

- ◆ **Speaker: Dr. Priyanka Upadhyaya, Psy.D**
- ◆ **What leads to Stress?**
- ◆ **Constructive, Practical Tips & Tools to Handle Stress**
- ◆ **The Facts about Mental Health & Wellness**

**Monday, October 16, 2017**

**7:00 p.m. - 8:30 pm**

**Bernards Town Hall—Warren Craft Room  
1 Collyer Lane, Basking Ridge, NJ**

**For more information, please call (201) 771-BRIC (2742)  
or email [info@bricnj.com](mailto:info@bricnj.com)**



**NAMI** | New Jersey

National Alliance for Mental Illness

**Bernards Township  
Municipal Alliance**  
Against Substance Abuse

