

Port Jefferson School District Promoting Wellness Community Forum Series



**Topic: Helping Our Children Manage Stress
in the 21st Century**

**Speaker: Adam Birkenstock, LCSW
Clinical Director – Long Island Council on
Alcoholism and Drug Dependence (LICADD)**

Tuesday, October 16, 2018

6:30 – 8:00 p.m.

High School Auditorium

Adam will address the parents' roles in assisting teens in managing and reducing stress. He will discuss academic stress, role stress, mindfulness, and the impact of technology on stress and stress management.

A Question and Answer session will follow the presentation.