



**Little Falls Public Schools is  
EXCITED TO ANNOUNCE  
Their Continued Partnership  
With**



**Lauren Floroff, Little Falls School CarePlus Clinician & Licensed Professional Counselor, will be presenting the following virtual presentations to the community free of charge: All are welcome and encouraged to take advantage of these opportunities.**

- **November 19, 2020 – “Raising Resilient Children in Today’s World”**  
Does your child know how to cope with daily living? Have more challenges arisen during the current pandemic? We will discuss skills to empower your child to make healthy decisions for themselves and how to be emotionally prepared to deal with challenges that may arise in today’s world.
- **January 21, 2021 – Special Guest at Talk a Latte With the Superintendent - “Active Listening. A Tool for Parents to use during COVID-19 and Beyond.”**  
COVID-19 has caused increased stress amongst families. In this presentation, active listening skills will be further explained and demonstrated as one effective tool to work with your child in today’s world, as well as in the future.
- **March 18, 2021 - “Routines & Rituals”**  
In a world with unpredictability, it is important for our children to feel safe and secure. We will talk about the significance of routines and rituals in households and strategies to create structure in the home in age appropriate ways.
- **June 3, 2021 - “Mindful Parenting”**  
In raising children, it is essential to be aware of your own feelings and how this can impact your child, even unknowingly. Come learn skills to remain in the present moment and respond most effectively.

**All presentations will take place Virtually (until further notice):**

**6:00 pm- 7:30 pm**

Join Zoom Meeting

<https://us02web.zoom.us/j/83290098839?pwd=cjBtWERRb3YvMXo0ZlZmd1pabGcxUT09>

Meeting ID: 832 9009 8839

Passcode: 757883

Any questions about presentations, please call Lauren at 973-256-1386 extension 2305