

**PARENTS/CAREGIVERS! GRANDPARENTS! TEACHERS!**

# JOIN US FOR PARENT TALKS 6

## KEEPING KIDS HEALTHY

### Mental Health Challenges for Young Athletes

*The Record*, in partnership with the **Family Support Organization of Bergen County**, is hosting a special event to celebrate Children's Mental Health Week by looking at our young sports enthusiasts and players, the issues they face, and how we can help them to make the right decisions.

#### HEAR LOCAL PROFESSIONALS DISCUSS:

- Sports pressure and anxiety
- Kids on medication—side effects, what to look for
- Parents and Coaches roles
- Building self-esteem
- Individual sports vs. team play

**FREE  
EVENT!**

**THURSDAY, MAY 6 • 6-9 P.M.**

Wilson Auditorium, Fairleigh Dickinson University, Hackensack

**INFORMATION TABLES AVAILABLE 6 - 7 P.M.**

**Register by May 4** at [NIE@northjersey.com](mailto:NIE@northjersey.com) or by phone at **973-569-7557**

**By mail:** Parent Talks, NIE, 1 Garret Mountain Plaza, Woodland Park, NJ 07424



**The Record**  
THE TRUSTED LOCAL SOURCE

THE LEADER IN GLOBAL EDUCATION  
**FAIRLEIGH  
DICKINSON  
UNIVERSITY**

  
Family Support Organization  
of Bergen County

#### MODERATOR:



**ART STAPLETON**  
Local Sports Writer,  
*The Record*

#### SPECIAL GUEST:



**CHARLES WAY**  
Former NY Giants  
Player and current  
Director of NY Giants  
Player Development

#### GUEST SPEAKERS:



**GARY  
ROSENBERG, MD**  
Medical Director, Behavioral  
Health Services, Bergen  
Regional Medical Center



**ALLISON  
GOLDSCHLAG, MA**  
Prevention Specialist/  
Training Supervisor,  
Institute for Prevention,  
Saint Barnabas Health  
Care System



**GABRIEL  
KAPLAN, MD**  
President of the Board,  
The New Alliance Academy,  
Paramus



**DON  
TOMASZEWSKI**  
Manager, Valley Hospital  
Sports Institute, Center  
for Youth Fitness