

# Parents as Champions for School Health

...helping to promote student success



**\*\$100 Personal Stipend \*Catered Dinner \*Limited spots available \*Parents Only**

## A FREE five-evening workshop for Parents of children grades 5-12

Presentation by **EmPoWER Somerset**

<b>Thursday, March 3, 2016</b>	<b>6:00 – 8:30 pm</b>
<b>Thursday, March 10, 2016</b>	<b>6:00 – 8:30 pm</b>
<b>Thursday, March 17, 2016</b>	<b>6:00 – 8:30 pm</b>
<b>Thursday, March 24, 2016</b>	<b>6:00 – 8:30 pm</b>
<b>Thursday, March 31, 2016</b>	<b>6:00 – 8:30 pm</b>

**EmPoWER Family Success Center**

**34 W. Main St. Suite 201**

**Somerville, NJ 08876**

**Learn how health promotes achievement in school and life**

**Understand how your school district works**

**Discover the important role of parents in shaping school environments**

**Acquire the tools to make a difference in your school**

**An opportunity for your school team to apply for a grant of up to \$1,000 to improve and promote a healthy climate. (At least **three** parent team members from your school must attend all **five** sessions in order to qualify for a grant.)**

**\$100 personal stipend upon completing all **five** sessions of the workshop**

**Questions? Contact [ruth@empowersomerset.com](mailto:ruth@empowersomerset.com) or 908-722-4900**



**To register, click on this link:**

**[www.tinyurl.com/ParentsasChampions](http://www.tinyurl.com/ParentsasChampions)**



**Funded by a grant from New Jersey Department of Health, Child and Adolescent Health Program**