



P.E.P.

PARENT EDUICATION PROGRAM

2025-2026



Education... for a Lifetime

Garfield Park Academy believes all students can be successful in life when provided the proper resources. Through self-regulation, counseling, and individualized education, GPA staff works to help students understand and achieve success by changing their attitudes. We would like to take this a step further and offer a Parent Education Program (PEP) to support parents and guardians raising the children and adolescents that attend GPA.

PEP invites all parents and guardians to meet one Wednesday a month throughout the 2025-2026 academic year from 6 PM to 8 PM. The meetings will be held in-person here at GPA with the option to sign on virtually for those who would like to join but cannot physically attend.

Through these sessions, we hope to encourage mutual respect between the parent and child as well as foster cooperation, responsibility, and self-reliance. There will also be opportunities for parents and guardians to discuss their own feelings and ideas as well as find support and encouragement from other group members.

Reminders will be sent out regarding the meetings ahead of time and RSVPs can be sent to Nathalie Garcia, Dora Kerney and/or your child's Social Worker.

Dora Kerney: dkerney@gpaschool.org; ext. 277
Nathalie Garcia: ngarcia@gpaschool.org; ext. 242

2025-2026 PEP SCHEDULE

<p>September 18th</p> <p>6 PM to 8 PM</p>	<p>Back to School Night Back-to-School Night is an opportunity to meet with GPA teachers, social workers, and other school personnel. This is a chance to learn some of the ways that GPA supports its students through various methods such as our Behavior Model.</p>
<p>October 8th</p> <p>6 PM to 8 PM</p>	<p>Zones of Regulation The Zones of Regulation is a framework designed to help individuals, especially children, recognize and manage their emotions and states of alertness. It divides feelings and levels of alertness into four color-coded zones. The tool helps individuals develop self-awareness and strategies for emotional regulation.</p>
<p>November 12th</p> <p>6 PM to 8 PM</p>	<p>Coping Skills and Self-Care Both coping skills and self-care are essential for everyone. As parents and guardians, we need to ensure that we are taking care of ourselves to assist in taking care of others. We will discuss how coping skills and self-care are individualized and ways to incorporate them into your daily life.</p>
<p>December 10th</p> <p>6 PM to 8 PM</p>	<p>Mental Health and Crisis Management There are many mental health resources available for everything from routine visits to crisis intervention and everything in between. We will discuss strategies for de-escalating a crisis and who to contact if you need further support.</p> <p>AND</p> <p>Community Resources There are a lot of resources out there that parents and caregivers may not even know exist. This session will focus on different supports within the community. We will discuss how to access these resources and how to determine what may be appropriate for you and your family. An overview and contact list of various resources will be provided.</p>
<p>January 14th</p> <p>6 PM to 8 PM</p>	<p>Self-Harm and Bullying Prevention Unfortunately, self-harm is prevalent in adolescents today. Identifying risk factors, knowing the signs, and seeking out help will all be discussed. Bullying prevention in schools focuses on creating a safe, respectful, and inclusive environment for all students. Effective programs involve educating students and staff about recognizing, reporting, and responding to bullying behaviors.</p>
<p>February 11th</p> <p>6 PM to 8 PM</p>	<p>Self-Regulation and Anger Management We will discuss anger along with its underlying emotions. This can give insight into why a child may respond in certain situations and how to best help them. Stress management and cool-down techniques will be explored.</p>
<p>March 11th</p> <p>6 PM to 8 PM</p>	<p>Social Media and Internet Safety Social media is constantly evolving and has many advantages. Despite the positive impact, social media safety is imperative. This meeting will look at how to keep our students safe on the internet.</p>

<p>April 15th</p> <p>6 PM to 8 PM</p>	<p>Drug and Alcohol Awareness</p> <p>We will discuss risk factors related to drug and alcohol usage. We will explore strategies for talking to your child and resources that are available</p>
<p>May 13th</p> <p>6 PM to 8 PM</p>	<p>Connecting with your child</p> <p>What do our kids want us to know? How can we connect with them more? This session will talk about different bonding activities and ways that you can strengthen your relationship with your youth.</p>
<p>June 10th</p> <p>6 PM to 8 PM</p>	<p>Summer Resources</p> <p>Whether your child is attending ESY or not, you may still be looking for structure during the summer. We will provide resources to keep consistency while also having fun during the summer months.</p>



Important Phone Numbers

Main Office	609-877-4111
Dr. Steven Morse Superintendent	Extension 208
Kerrie Morse Director	Extension 206
Audra Snyder Director of Social Work	Extension 236
Lance Clark Principal	Extension 283
Jessica Jones Associate Principal	Extension 247
To report absences	Extension 210
Nurse's Office	Extension 233, 205
Website	<u>GarfieldParkAcademy.org</u>
Room Number	_____
Teacher	_____
Social Worker	_____



Garfield Park Academy, 24 Glenolden Lane, Willingboro, NJ 08046
609-877-4111, fax 609-877-5551, www.garfieldparkacademy.org