



2019 Annual Conference Workshop Selections

This form should be used to help students make their workshop selection for the conference. Staff must register each student using our on-line registration form at www.preventchildabusenj.org/conference

	Workshop Title	Workshop Description
Workshop 1	ABC: Always Building Character	In this workshop, teens will learn the 5 dimensions of what it means to be a fulfilled human person (physical, mental, emotional, social, spiritual), what happens to your identity when focusing on each dimension (false identity), and lastly how to build your character for success and happiness.
Workshop 2	Unplug and Recharge: Implement Workable Techniques to Relax and Reduce Stress	Parenting can be stressful, and often in the bustling of life, one forgets to make time for self-care. During the session, you will discuss how to find time and space to fit in moments of self-care. You will create a personal toolbox of workable practices that can be used to reduce stress on the go!
Workshop 3	I Am Resilient	Certain things that happen in your life can cause stress that affects you and your child's health and well-being negatively. By understanding why this happens, you can decrease the affects for you and your child by becoming more resilient. Attendees will discuss what it means to be resilient and how this can make a positive change for a healthier future in their lives and the lives of their children.
Workshop 4	S.W.A.G. (Students with Academic Goals):	Let's face it, school can be challenging and some subjects are just plain boring. If you agree, then this workshop is for you. The SWAG Workshop is designed to help you to learn the importance of having and setting academic goals. You will learn how to create your own S.W.A.G. plan to help you achieve academic success.