What is Family U? An evening of virtual presentations by notable speakers held for FMS parents/guardians, concerned adults and middle school students on a variety of topics that promote health and safety and matter to our community. For specific details, and to choose workshops before registering, see our Brochure and then Register Online.

Keynote Speaker: Dr. Matt Bellace, Clinical psychologist & Comedian!

Adults will start the evening with their keynote: Supporting Teens in Reducing Their Stress (& Ours), while students attend a workshop of their choice. At 7:30, students will attend their keynote: Natural Highs and Mental Health while adults attend their workshop choice.

Both adults and students will be treated to a powerful and entertaining presentation that focuses on natural highs, emotional resilience and mental health. It has been described as the perfect combination of stand-up comedy and inspirational stories. Matt empowers students to be leaders in their lives and make changes in their environment.

What workshops are available?

Most of the workshop choices are offered to both adults and youth, allowing for great conversation on such important topics as:
- Gender and identity
- The psychology of social media
- Creating a culture of dignity and respect
- Neurodiversity and social-emotional differences
- Climate anxiety
- Mental Health

How do I sign up? Register Online. Links for the keynote and workshops will be sent after registration. If your schedule does not allow you to come to the entire event, feel free to attend the portions you can!

HOPE TO SEE YOU ALL AT FAMILY U!!

Sponsored by:

HHS PTSA, SEPTA, and the Hastings-On-Hudson School District