

The Consortium of Berkeley Heights, Chatham, Millburn, New Providence, and
Summit School Districts present:

Parent Wellness Series: What You Need To Know

***Purpose Driven Parenting:
Becoming the parent you want to be and attaining
your parenting goals.***

***A Presentation by
Michael Friedman Ph.D.***

Thursday, May 12, 2016

7:00 PM

New Providence High School Auditorium

How many of us ask ourselves:

What's my purpose in parenting?

What are my goals for my children and my family?

And what is the best way to achieve these goals?

*Purpose Driven Parenting is a simple approach to becoming the parent you want to be and achieving
your parenting goals.*

Dr. Mike is a clinical psychologist who has been involved in the study and treatment of adults with psychological, health and interpersonal issues for over 20 years. He attended University of Pennsylvania as an undergraduate, attended Yale University for his graduate studies, and completed his clinical internship and post-doctoral fellowship at Brown University. He has co-authored several papers and book chapters on a range of issues in clinical and health psychology. He has presented his work at both national and international conferences, and has conducted several workshops on the delivery of clinical care. He has received awards for his work from the Association for the Advancement of Cognitive and Behavioral Therapy, Society for Behavioral Medicine, and Association for Clinical Psychosocial Research.

Dr. Mike is currently on the Medical Advisory Board of EHE International (company focused on preventive health care). His work has been featured on CNN, NPR, Fox News, Wall Street Journal Radio, and EveryDay Health. He writes a regular blog at Psychology Today called "Brick by Brick." Dr. Mike has a clinical practice in Manhattan, and lives with his wife and 2 children in Maplewood, NJ.

Because we care.

