



Office of Curriculum, Instruction, & Assessment  
49 Cottage Place  
Ridgewood, New Jersey 07451  
201.670.2700

# Ridgewood Public Schools Community Outreach Program

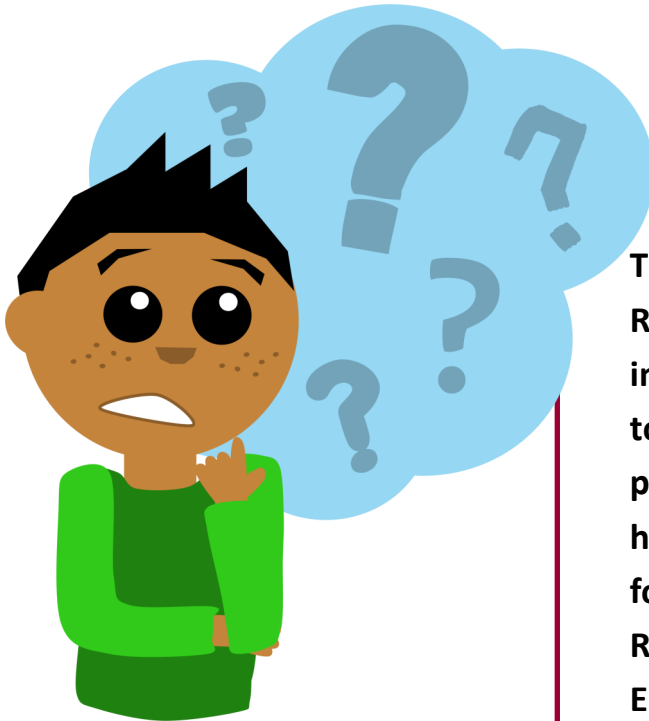
*Co-sponsored by The Valley Hospital, with support from the  
Ridgewood Education Foundation and the Home and School Association*

Join your peers and colleagues for an engaging presentation that will help you create balance in your children's lives and support their emotional wellbeing.



## Puberty for Petrified Parents

**Wednesday, December 2, 2015  
Ed Center, 3rd Floor  
49 Cottage Place  
7:00-9:00 pm**



This program, presented by Karen Coates, RN, CSN, BA, M.ED, will provide information, guidance and encouragement to parents as they navigate the tricky area of puberty education with their children. Karen has been a school nurse and health teacher for Bergen County Special Services, Ridgewood High School, and Hawes Elementary School and has been published in a nursing journal on the subject of family life education. Currently, she teaches at George Washington Middle School.