



# PROJECT NAVIGATION

<b>8:30AM</b>	<b>Arrival</b>
<b>9:00AM</b>	<b>Opening Remarks</b>
<b>9:10AM</b>	<b>Keynote Speaker:</b> Former Justice John Broderick
<b>10:10–11:15AM</b>	<b>Session 1</b> (Students & Parents select workshops by email link)
<b>11:15–12:00PM</b>	<b>Lunch</b> (PLEASE PACK A LUNCH)
<b>12:00 –1:00PM</b>	<b>Session 2</b> (Students & Parents select workshops by email link)
<b>1:05 -1:15PM</b>	<b>Closing Remarks</b>
<b>1:30</b>	<b>Depart by bus to TRMS</b>

## **Student Workshop Choices:**

Friendship, Self-Advocacy; Digital Footprint; Student Panel Q&A; Mindfulness; Study Skills & Organization; Mental Health; Bullying Prevention

## **Parent Workshop Choices:**

Guidance Q&A; Mental Health; Substance Misuse Prevention; NH Higher Education; Northern Essex Community College Offerings; Student Panel Parent Q&A

## **Student / Parent Workshop Choices:**

Social Media and Adolescence; TRSD Athletic Director; Nutrition & Wellness