

Subject: Important mental health presentation for the families of Hopewell Valley

Dear Hopewell Valley Families,

I have written to you in the past about the critical need for mental health supports and services for our school-aged children. Over the past year, the superintendents of Mercer County have provided several programs focused on ending the silence and stigma surrounding student mental health issues and providing concerned parents and caregivers the support they need.

As part of the ongoing efforts of the Superintendents' of Mercer County, in partnership with the Traumatic Loss Coalition, Hopewell is co-sponsoring a special event with **Julie Lythcott-Haims** on **Wednesday, April 24, at 7:00 PM, at Robbinsville High School's** auditorium. Members of the Hopewell community are encouraged to attend.

Julie Lythcott-Haims is the former Stanford Dean, best-selling author and top TED speaker. Her book, *How to Raise an Adult*, provides teachers and parents strategies to help support children to develop self efficacy. You can find out more about her here: <https://www.smores.com/zswd8>.

Through our collective efforts and willingness to provide a network of care and support for our students and their families, we can make a positive difference in their lives. I hope you will consider attending this event.

Sincerely,  
Thomas A. Smith, Ed.D.  
Superintendent of Schools