



News from the Somerset County Board of Chosen Freeholders

Public Information Contacts: Linda Van Zandt / Joanne Vuoso / Lisa Krueger
908.231.7020 publicinfo@co.somerset.nj.us

November 19, 2009

The Myth of the Super Parent

SOMERVILLE – Are you juggling family, work and household responsibilities while always looking out for others? A free workshop for parents, titled “The Myth of the Super Parent: How to Maintain Balance and Care for Yourself as a Parent,” will be held at **7 p.m.** on **Thursday, Dec. 3**, at **Somerset Medical Center Fuld Auditorium**, located at 110 Rehill Ave.

Parents of young children will reflect on their roles in their families, jobs and communities. Keynote speaker, Kathleen Mulrooney, will discuss ways that parents can strive for balance, physically, emotionally and socially, and how to take care of themselves on a regular basis. The goal of this workshop is to help parents reflect on how they are doing, and not just on *what* they are doing.

Registration is requested in advance. Call **(908) 203-6234** or register online at www.somersetmedicalcenter.com/events.

The workshop is sponsored by the Somerset County Office of Youth Services in partnership with the Somerset Medical Center’s Community Health Department.

For more information, contact the Somerset Medical Center at (908) 203-6234.