# ARLINGTON PARENT/COMMUNITY FORUMS 2019-2020

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Tuesday, October 1, 2019
7pm at the Lowe Auditorium (AHS)

On Tuesday, October 1, Chris Herren will be presenting to the entire student body of AHS. To facilitate a shared family experience we will be screening Herren's film: The First Day, followed by a community discussion about prevention, addiction and recovery.

This program was made possible by funding from SAMHSA through a Communities Talk Grant.: Town Hall Meetings to Prevent Underage Drinking.

““The focus oftentimes is about the worst day when it comes to speaking about addiction and not the first day. Kids need to understand how this begins rather than how it ends. Prevention starts with ALL.”

- Chris Herren -
FAMILY COMMUNICATION SERIES

GUIDING GOOD CHOICES
Effective Family Communication Tools
Fall Session 2019

For parents and caregivers of students
(Grades 5 -8)

Participation is free, but REGISTRATION IS REQUIRED

Guiding Good Choices (GGC) offers proven techniques
and effective tools to help parents:

- Improve communication with their children.
- Develop healthy family values and behavioral expectations.
- Control and express anger constructively.
- Strengthen family bonds and trust.
- Prevent children from engaging in substance use and other risky behaviors.

Tuesday nights (October 15, 22, 29 & Nov. 5 & 12)
from 6:30-8:30
Whittemore Robbins House (670R Mass Ave)

GGC consists of 5 workshops, held once a week for five consecutive weeks.
This is an evidence-based program that requires participants to attend all five workshops.

Please register via email: kkoretsky@town.arlington.ma.us
PARENT/COMMUNITY FORUM

The Vaping Alarm Has Rung!
Let's talk about the Who, What, When, Where, and How

Wednesday, October 16th
7-9 pm

Ottoson Middle School Cafeteria, 23 Acton St, Arlington

Our Experts:

Dr. Lester Hartman
Dr. Hartman has been a pediatrician for 32 years and is the senior partner at Westwood-Mansfield Pediatric Associates. He will talk about the growing use of nicotine products by adolescents and the deceptive marketing practices used by vaping companies.

Dr. Carole Allen
Dr. Allen is a board certified pediatrician who practiced in MA for 37 years, including 14 years in Arlington. She is the vice president of the Mass Medical Society. Her advocacy has earned her numerous awards, particularly in the areas of tobacco use and exposure. She was a member of the BOH and chaired the Tobacco Free Mass. Coalition

The presentations will be followed by Q&A
“Building Community To Support LGBTQIA + Youth: An interactive Discussion for Parents & Guardians”

Wednesday, October 23, 2019            7-8:30 pm
Ottoson Middle School

Do you wonder how to create a home that celebrates clear communication between youth and families about sexuality and gender? We will create a space to explore these questions and learn about the resources in our community to affirm all of the children in our schools.

Together we'll explore what gender and sexuality mean today and places to find role models of varied backgrounds for us and those in our care. We'll also delve into ways to process our feelings about youth development and the risks they take to be themselves in ways that nurture healthy communication, good boundaries, and trust.
Parents, guardians and support networks are all invited on this journey with us.

Presenters: Members of the Arlington Rainbow Commission and LexPride.
Screenagers NEXT CHAPTER
UNCOVERING SKILLS FOR STRESS RESILIENCE

BY: Arlington Public Schools and the Arlington Youth Health and Safety Coalition

For: Parents and Students Grade 6-12
WHEN: 10/28/19 7:00PM
WHERE: Lowe Auditorium - Arlington High School
screenagersmovie.com
PARENT / COMMUNITY FORUM

“Parenting in Unparalleled Times”: Why this is so hard and what to do about it!

Wednesday, November 6, 2019    7-8:30pm
Ottoson Middle School

In this discussion, Charity Bell will join us to help us understand why the ways in which we used to parent no longer work. As we consider the impact of rising educational expectations, the professionalization of youth sports, societal pressure and yes, the internet and social media, we will grow our insight into why this is one of the hardest times in history to be a child OR to be a parent.

PRESENTER: Charity Bell has been recognized as an “Everyday Hero” by Brian Williams of NBC and featured in Good Housekeeping Magazine for her work with more than 150 foster children in Massachusetts, and now in New Hampshire. After her mother’s early death, Charity applied to the Peace Corps, and spent 18 months in a remote West African village as the only English speaker within 15 miles. She worked primarily with women and infants and delivered more than 60 babies as a lay midwife. She returned and spent time as the Founding Director of an arts/youth development foundation, as Director of Training for a large child welfare organization, and she also began her life as a foster parent. She has worked mainly with substance exposed newborns, going so far as to take them with her as she pursued a graduate degree at Harvard’s Kennedy School of Government. After working as Director of Training for Boys & Girls Clubs of Boston, she is now the Director of Learning and Development at the Massachusetts Department of Mental Health, N.E.
DR. LARRY BERKOWITZ

Adolescent Wellness: Understanding and Responding to Depression and Suicide Risk

Wednesday • December 11th • 7-8:30PM

Arlington Youth Counseling Center (AYCC)
Whittemore Robbins House
670R Massachusetts Avenue, Arlington

MAXIMUM CAPACITY 60 RSVP TO
bys.arlington@gmail.com

Sponsored by the Arlington Public School's Parent Forum Committee, the Board of Youth Services, and AYCC

Free admittance and light refreshments served. Donations gladly accepted.
The Pressured Child is, in fact, a presentation for pressured parents who have forgotten what school is actually like, and pressured educators who are trying to respond to the anxiety of families who believe erroneously, that there is a one-to-one correlation between school performance and success in life.

In the presentation, Dr. Thompson describes the psychological journey that children experience during their 13 years in school. He reminds adults that children are almost never judging themselves by grades: they are always monitoring their own development and constantly searching for three things: connection, recognition, and a sense of power. He illustrates how children find those in many different arenas of school life. There are three kinds of children in school; 1) those whose journeys are characterized mostly by success, 2) those whose journeys are characterized by a chronic but manageable struggle, and 3) those whose journeys are characterized by fury and despair. Each journey has its own different pressures. Every child is constantly developing strategies for coping with the pressures that he or she feels.

Michael G. Thompson, Ph.D is a consultant, author and psychologist specializing in children and families. He has worked in more than 700 schools across the U.S. as well as international schools in Central America, Europe, Africa and Asia and is the co-author of 9 books. Dr. Thompson lives in Arlington. He and his wife have 2 children and 3 grandchildren. We look forward to his presentation every year.
Free Hypnosis and Behavioral Modification Workshop to help Smokers and Vapers Quit for Good

We Can Help!
Monday, January 13th, 2020
6:30-8:00 PM
Robbins Library
Community Room
700 Massachusetts Avenue, Arlington

REGISTRATION IS NOT REQUIRED

Sponsored by:
Arlington Public Schools and Arlington Youth Counseling Center presents

Angst

Monday, January 27th, 2020

AHS Lowe Auditorium

7-8:30 pm

Film to be followed by a panel discussion

Students grades 8-12 may attend with an adult.