

PARENT EDUCATION FORUMS

2009-2010

BULLYING AND CYBERBULLYING

For Parents of children, Grades 3-12

Tuesday, October 13, 2009

Ottoson Middle School Cafetorium 7:00-9:00 PM

More than half of teenagers report having received hurtful online statements or threats and most times these incidents go unreported. Cyberbullying or repeated electronic based bullying via IM's on computers or via cell phones has become an increasing problem. This program will cover current issues of bullying, cyberbullying, preventative measures parents can take and options in the event that your child is being cyberbullied.

Presenter: **Dr. Elizabeth Englander**, a nationally recognized expert on Cyberbullying is a professor of Psychology and the founder of the Massachusetts Aggression Reduction Center at Bridgewater State College. The Center delivers anti-violence and anti-bullying programs for the State of Massachusetts.

***"If you want the climate in school to change, you must change the climate in community."* Dr. Elizabeth Englander**

OPEN CIRCLE PARENT WORKSHOPS

For Parents of children, Grades K-5

Three-week program Mon. Oct. 26, Mon. Nov. 2 and Tues. * Nov. 17. REGISTRATION REQUIRED

Meeting Location - Jefferson Cutter House,

Mystic and Mass. Ave. 7:00 -9:00 PM.

We invite you to join a Parent Group based on the Open Circle Program developed at the Stone Center, Wellesley College. In this three-week program, you will learn how to reinforce the social and problem solving skills learned by your children at school.

Here is an opportunity for a limited number of parents to join an interactive program that focuses on the skills your children are learning in the Open Circle Program. This program will suggest ways by which parents can successfully reinforce these lessons at home. The program is designed to teach parents the language and skills their children use in Open Circle in order to develop cooperation, problem solving, self-control and responsibility. The parent forum will help you to adapt these same techniques at home and to develop more effective parenting.

Presenter: **Debby Broadley MA LMHC** is leading these Parent Workshops. Debby has over 30 years of experience working with children and families. She has worked for many years as a mental health clinician for a large Early Intervention Program and she currently consults to the Arlington Public Schools. Debby leads a variety of parent groups and seminars and has a private psychotherapy practice.

RESERVATIONS Since the group will be limited in size to allow for discussion, spaces will be filled on a first-come, first-serve basis.

Please call Carlene Newell at 781-316-3571 or e-mail her at cnewell@arlington.k12.ma.us to reserve a place or to obtain more information. Leave or include your phone number and e-mail address when you call. There will be a \$25.00 charge for course materials.

THE IMPACT OF THE LOSS OF FREE, UNDIRECTED PLAY IN CHILDHOOD

For parents of children, grades pre-school – 12

Monday, November 9, 2009

Dallin School Gymnasium 7:00-9:00 PM

Play is what makes us human; it is the source of children's creativity and imagination. Researchers estimate that in the past twenty years, children have lost nine to twelve hours per week of free, undirected play. There is evidence to suggest that this loss of play is affecting children's weight, their social competence, their ability to focus and their brain development. Dr. Thompson will address the loss of play, the role that schools have in promoting play to parents and what schools can do to protect the natural play of students.

Presenter: Michael Thompson: The heart of Dr. Thompson's work is lecturing to parents, teachers and students about the development of boys, the social lives of both boys and girls, the parent-teacher dynamic, school culture, how to raise responsible children, and the psychological journey of children through school. He and his co-author, Dan Kindlon, wrote the New York Times best-selling book, *Raising Cain: Protecting the Emotional Life of Boys*. He is the author of *Speaking of Boys: Answers to the Most-Asked Questions About Raising Sons* and co-author of *Best Friends/Worst Enemies: Understanding the Social Worlds of Children*, *Mom, They're Teasing Me: Helping Your Child Solve Social Problems*, *The Pressured Child: Helping Your Child Achieve Success in School and in Life* and his latest book, *It's a Boy!* is a comprehensive guide for the parents of boys. A dedicated speaker and traveler, Michael Thompson has appeared on *The Today Show*, *The Oprah Winfrey Show*, *ABC 20/20*, *CBS 60 Minutes*, *The Early Show* and *Good Morning America*. Dr. Thompson lives in Arlington with his wife and is the father of Joanna, 23 and Will, 18.

“GUIDING GOOD CHOICES” PARENTING WORKSHOPS

For Parents of children, grades 4-9

This is a five-week program running Jan. 5, Jan. 12, Jan. 19, Jan. 26 and Feb. 2, 2010.

Workshops will be held at the Robbins Library (700 Mass. Ave) from 6:30-8:30pm.

Guiding Good Choices (GGC) is open to parents of children between the ages of 9 and 14. This program offers proven techniques and effective tools to help parents: improve communication with their children; develop healthy family values and clear behavior expectations; control and express anger constructively; strengthen family bonds and trust; and prevent children from engaging in substance use and other risk behaviors.

Please note that this is an evidence-based program that requires participants to attend all five workshops. Enrollment is limited, and REGISTRATION IS REQUIRED.

CONTACT: Colleen Leger cleger@town.arlington.ma.us (781-316-3179)

Facilitators: GGC workshops will be facilitated by two professionally trained members of the Arlington Youth Health and Safety Coalition. Cindy Sheridan-Curran is the Director of the AYHSC Diversion Program and a member of the Arlington Board of Youth Services. She is also the mother of three children ages 10-12. Lynn Horgan is a licensed Occupational Therapist and the chair of the Arlington Board of Youth Services. She is the mother of two girls ages 10 and 12.

TRANSITION FROM PRESCHOOL TO KINDERGARTEN

For Parents of Preschool -age children

Thursday, January 14, 2010

Bishop School 7– 8:30 PM (snow date January 21, 2010)

A frank and informative discussion regarding the issues families face as their children enter kindergarten for the first time. Representatives from the Arlington Public Schools will present information and strategies to assist parents in supporting their child's transition from the home to the school setting. Information about the NAEYC accredited kindergarten programs in the Arlington Public Schools will be presented along with details regarding the registration process.

Presenters: Representatives from Arlington Public Schools

FREE! STOP SMOKING THROUGH HYPNOSIS EVENING

For all Parents and Community Members

Thursday, January 14, 2010 (snow date 1/ 21/10) and Thursday, May 6

7 – 9:00 PM

The Community Room at Robbins Library

Mark Hall presents his audience with interesting facts about how tobacco is grown, while also highlighting 'other' unwanted substances found in cigarettes. He uses his calm, soothing voice to relax his listeners, while he provides them with images and suggestions for techniques on how to quit smoking. The evening empowers each participant, depending upon their own commitment level, the self-control they are seeking over his/her tobacco habit.

Presenter: Mark Hall a MSW, LICSW, born and raised in Hingham, is the owner/operator of Wellness Central; he is a clinical consultant with Harvard Pilgrim Health Care, Blue Cross Blue Shield, Health Wise Solutions and the Town of Weymouth. Mark holds a Masters degree from the University of Connecticut

with certifications in Child and Family Therapy as well as Drug and Alcohol Counseling. He holds undergraduate degrees in Psychology and Social Work from Skidmore College.

"GOOD STRESS/BAD STRESS: HOW TO RECOGNIZE AND MANAGE STRESS IN OURSELVES, OUR FAMILIES AND OUR STUDENTS. A PRACTICAL AND POSITIVE APPROACH TO DEALING WITH THE PRESSURES OF LIFE"

For parents of children, grades pre-school – 12

Monday, January 25, 2010

Ottoson Middle School

7:00 – 9:00 PM

Stress has been increasingly recognized as a critical element in keeping children healthy, and the incidence of childhood stress appears to be on the rise in our increasingly complex society. Parents consistently report high levels of stress in their children and in their families as a major concern. Significant stress triggers the classic "fight-or-flight" response, in which our bodies produce hormones that help get us out of tough spots. When we encounter situations over which we have little control, or when stress continues despite our best efforts, too many of these hormones are released. Learn about the neurobiology of stress and why too much is bad for your brain and your body.

In this session, which is liberally laced with stress-reducing cartoons and funny anecdotes, you'll learn the difference between stress and "anticipatory readiness." You'll find out why and when "good stress" turns bad and what parents, teachers and kids can do about it. Does stress kill creativity? Can creativity *reduce* stress? Want to know why kids with learning difficulties are so vulnerable?

Take a deep breath (let it out), mark this event on your calendar, and come find out the answers to these and other important questions about stress.

Presenter: Dr. Jerome Schultz, a Clinical Neurophysiologist & Consultant started out his professional career as a middle school special education teacher. He subsequently directed several hospital or university-based clinics for children and families. He is now on the faculty of the Harvard Medical School in the Department of Psychiatry, and teaches psychologists and psychiatrists about students with special needs.

"TODAY'S PRESSURE COOKER AND GIRLS' MENTAL HEALTH"

For parents of girls, grades 4-12

Tuesday, February 23, 2010

Stratton School 7:00 – 9:00 PM

Girls are facing increasing pressures with friendships, peers, cliques, popularity, school, puberty, sex and sexuality and the numerous transitions that take place from ages 9-17. These pressures are contributing to mental health risks for girls at the edge of adolescence and depression is increasing in girls along with anxiety and issues of low self esteem and negative body image. Often, the subtle signs of depression and anxiety are mistaken for typical mood swings, or typical "tween" and teen angst. If we know and notice the circumstances, the risks, signals and symptoms specific for girls' depression, we can help prevent mental health problems. This talk, for parents, teachers, and counselors, will provide valuable insight into the lives of girls in grades 4-12, the risk factors for depression as well as prevention and intervention strategies for adults to help recognize signals of distress along with strategies to help girls cope and develop resilience.

Presenter Dr. Lisa Machoian, Ed.M., Ed.D. is a Harvard trained developmental psychologist and psychotherapist and author of *The Disappearing Girl: Learning the Language of Teenage Depression*. She is a national expert on child and adolescent mental health. She was on the faculty at Harvard University Graduate School of Education where she taught courses on risk and resilience in girls' and boys' psychosocial development. She lectures and conducts workshops locally and nationally on girls' development, child and adolescent development, and consults to schools, organizations and parents. She has appeared on television and radio and has been interviewed for Seventeen, Cosmopolitan, and Family Circle magazines as well as by many newspapers. Dr. Machoian is on the expert panel for the Beacon Street Girls/B'tween Productions Book Series and for Parenting Teens Online where she answers questions from parents. She has a private practice in Wellesley, Massachusetts. She holds a doctorate and master's degree from Harvard University and lives in Cambridge.

ALIGNING THE INTERNET WITH YOUR FAMILY VALUES

For parents of children, grades pre-school – 12

March 11, 2010

Hardy School

7 – 9:00 PM

“The Internet, Facebook, cell phones, texting, twittering, all the new communication technology provide us with amazing opportunities for information and connection. They can also be sources of danger and abuse. How are these technologies changing the way our children socialize and communicate? What impact do they have on our time together as a family? How do we set rules and guidelines for a resource that our children know more about than we do?”

This presentation shows parents how kids are using and abusing communication technology and helps parents understand the social/sexual implications of Internet and cell phone use. Dr. Maxwell will give guidelines for safety and ethical behavior that aligns technology use with family values. Dr. Maxwell’s innovative way of talking about sexuality shares the positive health-focused approach found in chiropractic care.

Presenter: Dr. Sharon Maxwell is an award winning author and practicing clinical psychologist in Canton, MA. Her work has been featured in TIME Magazine, US News and World Report, on Oprah and Friends, Fox News, The Boston Globe and The Boston Herald. She is passionate about the health and well being of children and families. Dr. Maxwell was named Family Advocate of 2009 award by the Boston Parents Paper.

ARLINGTON YOUTH HEALTH AND SAFETY COALITION’S 4TH ANNUAL COMMUNITY FORUM

Open to all parents and community members, and to youth ages 11 and older.

March 18, 2010.

The Arlington Town Hall

7:00-9:00 PM

This forum provides an opportunity for community members of all ages to participate in an educational and prevention-focused dialogue on underage drinking and substance use in Arlington. Guiding this discussion will be the latest findings from the Arlington Youth Risk Behavior Survey, which was administered in 2009 to Ottoson and Arlington High School students. This forum will highlight current community prevention initiatives and local resources available to reduce youth substance abuse, and will explore prospects for future projects and increased community engagement.

These programs are sponsored and funded by the Arlington Public Schools, The George and Elizabeth L. Sanborn Foundation, the Title One Grant, the School PTO’s and The Board of Youth Services.

If school is cancelled due to snow, programs will be cancelled as well. Some snow dates are scheduled (see brochure)

All programs are free of charge. Donations will be accepted to cover the cost of speakers and custodial fees.

No registration is necessary (except for Open Circle and Guiding Good Choices). Please call (781) 316-3570 with questions.

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The Arlington Youth Health and Safety Coalition