

# PARENT EDUCATION FORUMS

## 2008-2009

### "ADOLESCENCE IS HARD WORK"

*For parents of children, grades 3-12*

**Monday, October 20<sup>th</sup>, 2008, Dallin School Gymnasium 7:00-9:00 PM**

There are five developmental challenges that every adolescent must meet. There are no shortcuts and no exemptions, and these challenges are, from a psychological point of view, very strenuous. At the same time, most adolescents meet them with grace and ingenuity. Despite the images of rebellious and antisocial adolescents in the popular media, fully two-thirds of children have smooth or stepwise patterns of growth during the teen-age years, only one-third a tumultuous pattern. This humorous talk, illustrated with cartoons and drawings, provides useful perspective for parents of adolescents and calming preparation for parents of about-to-be-adolescents.

**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 two children.

### OPEN CIRCLE PARENT WORKSHOP

*For Parents of children, Grades K-5*

**Five week program Oct. 27, Nov. 3, Nov. 17, Nov. 24, and Dec. 1, 2008 REGISTRATION REQUIRED**  
**Meeting at the Fox Library, 175 Mass Ave. from 7 – 8:30 PM**

**We invite you to join a Parent Group based on the Open Circle Program developed at the Stone Center, Wellesley College. In this five-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](mailto: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. The cost will be \$5.00 for the Open Circle Parent Workbook.**

## **WHAT'S GOING ON WITH SUBSTANCE ABUSE AND WHAT IS ARLINGTON DOING ABOUT IT?**

*For Parents of children, Grades 8-12*

**Tuesday, December 9, 2008 Arlington High School Lowe Auditorium 7:00- 9:00 PM**

**Keynote Speaker: Dr. Michael Furstenberg**

**Moderator/Panelist: Charles Skidmore, Principal Arlington High School**

**Panel: Andrea Razzi, LICSW, Social Worker, Arlington High School;**

**Phyllis Brown, LICSW, Clinical Coordinator, Arlington Youth Consultation Center;  
Arlington Youth Health and Safety Coalition.**

Our keynote speaker, Dr. Furstenberg, Ed. D, will open with a presentation of the trends in substance use in Arlington and surrounding communities. He will discuss what parents can do to help their children stay safe and substance free. As parents, what can you look for that may be a sign that your child is involved in substance use. What is it that you can do to support all children and what are the resources out there. Come learn about the programs that Arlington High is now offering to address issues of Substance Use, Depression, Anger Management, and more. Specialists at the High School and community agencies will discuss how to best utilize these services.

**Keynote Speaker: Dr. Michael Furstenberg, Ed.D** earned his doctorate in developmental psychology at Harvard University, after receiving his bachelors from the University of Chicago. He trained at Cambridge Hospital and the Brookline Mental Health Clinic before coming to Human Relations Service in Wellesley, MA, where he developed some of the earliest alcohol and drug education in the Commonwealth for the school systems of Wellesley and Weston, and lectured widely to parents and schools on the subject. After taking a leave from HRS to become director of the Center for Problem Gambling at Mount Auburn Hospital in 1989, he returned in 1994 to become director of substance abuse services at HRS, where he has served since. He has a private practice specializing in the treatment of addictions in Cambridge.

## **EXECUTIVE FUNCTIONS - WHAT DO THEY HAVE TO DO WITH ANYTHING?**

*For parent of children prek-12*

**Thursday, January 8, 2009 Peirce School Gymnasium 7:00 – 9:00 PM**

Executive Functions are behaviors such as: planning, organizing, inhibiting impulsive responding, and others. They are the glue that holds our knowledge together and helps us behave in ways that match the situation at hand. This workshop will discuss what executive functions are, how they manifest in our children, and ways we can address some of the issues that emerge when children have challenges in the executive function arena.

**Presenter: Dot Lucci, Med, CAGS**, is a national consultant and speaker who specializes in the inclusion of children on the Autism Spectrum. She has an advanced degree from the Univ. of MA and is trained as a school psychologist with extensive background in neuropsychology while at the Boston Univ. Medical School. She holds teaching certificates in early childhood, elementary and special education. She has published in a variety of journals and has a book chapter in the Exceptional Brain. She is on the Board of Directors and the Program Committee of the Asperger's Association of New England and teaches at Lesley University and Antioch College of New England. As Director of Consultation for YouthCare she performs The Autism Spectrum Disorders (ASD) Needs Assessment Protocol to assist systems in analyzing their service delivery to students with ASD; consults to schools on individual students and on program development and design; conducts workshops and trainings for professionals and parents and leads social thinking groups.

## **TRANSITIONING FROM PRESCHOOL TO KINDERGARTEN**

*For Parents of Preschool-age Children*

**Thursday, January 15, 2009 – Hardy School 7– 8:30 PM (snow date January 22, 2009)**

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 15, 2009 (snow date 1/22/09) and Thursday, May 14<sup>th</sup>, 2009 7 – 8:30 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.

### **CRAZYBUSY: OVERBOOKED, OVERSTRETCHED, AND ABOUT TO SNAP**

*For parents of children, grades k-12.*

**Tuesday, January 20, 2009 7 – 9:00 PM**

**Ottoson Middle School, Cafetorium**

Dr. Hallowell will discuss the focus of his most recent book, ***CrazyBusy: Overbooked, Overstretched, and about to Snap***. In it he explores how the pace of modern life has induced brain overload to the point where our entire society is suffering from culturally-induced ADD. He will also present the basic ABC's of ADD. His insight into how to unsnarl frenzied lives and take charge of how we really want to be living provides true inspiration to us all.

**Presenter: Edward (Ned) Hallowell, M.D.**, a child and adult psychiatrist and graduate of Harvard College and Tulane Medical School, is the director of The Hallowell Center in Sudbury, Massachusetts. He was a member of the Harvard Medical School faculty from 1983 until he retired from academics in 2003 to devote his full professional attention to his clinical practice, lectures, and the writing of books. He has authored fourteen books on various psychological topics, including attention deficit disorder, the power of the human connection, the childhood roots of happiness in life, methods of forgiving others, dealing with worry, and managing excessive busyness.

### **“HELPING CHILDREN AND ADOLESCENTS COPE WITH ANXIETY: CONCRETE STRATEGIES FOR PARENTS, TEACHERS, AND MENTAL HEALTH PROFESSIONALS”**

*For parents of children, grades K-12*

**Thursday, February 5, 2009 (snow date February 12) Ottoson Middle School Cafetorium**

Participants will be instructed in the nature of child anxiety disorders (how they arise, the factors that are implicated in causing them), along with ways to assess anxiety in youth. Participants will be taught how to identify the difference between normal anxiety and clinically significant anxiety that warrants treatment. Finally, participants will be taught concrete strategies for treating anxiety in children, and ways to implement these strategies at home and in school.

**Presenter: Dr. Donna Pincus** is an Associate Professor and is also the Director of the Child and Adolescent Fear and Anxiety Treatment Program at the Center for Anxiety and Related Disorders at Boston University. Dr. Pincus has focused her clinical research career on the development of new treatments for child anxiety disorders. Dr. Pincus is the principal investigator of several research grants from the National Institute of Mental Health that focus on developing new treatments for early childhood separation anxiety disorder and adolescent panic disorder. In addition to her involvement with research, she trains and mentors doctoral students at Boston University and treats children and adults with anxiety disorders with cognitive behavioral therapy. Dr. Pincus is also the Editor and creator of The Child Anxiety Network ([www.childanxiety.net](http://www.childanxiety.net)), an online resource for parents, teachers, psychologists and other professionals who want accurate information and resources on child anxiety. She has been featured on both local and national media networks, including Good Morning America, ABC News' 20-20 Downtown, Women's Lifetime Television, National Geographic Television and NBC's Today Show.

## **ARLINGTON YOUTH HEALTH AND SAFETY COALITION, 3<sup>RD</sup> ANNUAL FORUM**

*For parents, students in grades 7-12 and community members*

**March 19, 2009 The Arlington Town Hall 7 - 9:00 PM**

A continued conversation between parents, students and the community at large on reducing the risk of substance use among youth. The evening will be an opportunity for teens and adults to discuss underage drinking and use of other substances. It will also provide a medium to discuss the latest Youth Risk Behavior Results. The program will give us an opportunity to hear from local resources dealing with teen substance use, Law Enforcement, Mental Health Experts, Substance Use Prevention Counselors and more.

**These programs are sponsored and funded by the Arlington Public Schools, The George and Elizabeth L. Sanborn Foundation, The Quality Full-Day Kindergarten Grant, Title One Grant, The School PTO's, SEPAC, The Board of Youth Services, and the Cameron G. O'Connor Foundation.**

**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). Please call (781) 316-3570 with questions.**

**Printing of this brochure was sponsored by:**

**The Arlington Youth Health and Safety Coalition**