

ARLINGTON PARENT/COMMUNITY FORUMS 2020-2021

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Additional information is posted as it becomes available.

January 5th, 7th, 12th, 14th, & 19th – Guiding Good Choices (Winter 2021)

January 19th – Minding Your Mind

May 5th - Parenting in a Pandemic: Body Image, Eating and Eating Disorders

FREE PARENTING SERIES *GUIDING GOOD CHOICES*

Zoom Sessions Winter 2021



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

**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.**

***This program is made possible with funding
from the Elizabeth and George L. Sanborn
Foundation and
AYHSC**

**Via Zoom (Link will be provided upon
registration)** *GGC consists of 5 sessions. This is an
evidence-based program that requires participants to
attend all five workshops.*

**Please register via email:
kkoretsky@town.arlington.ma.us**

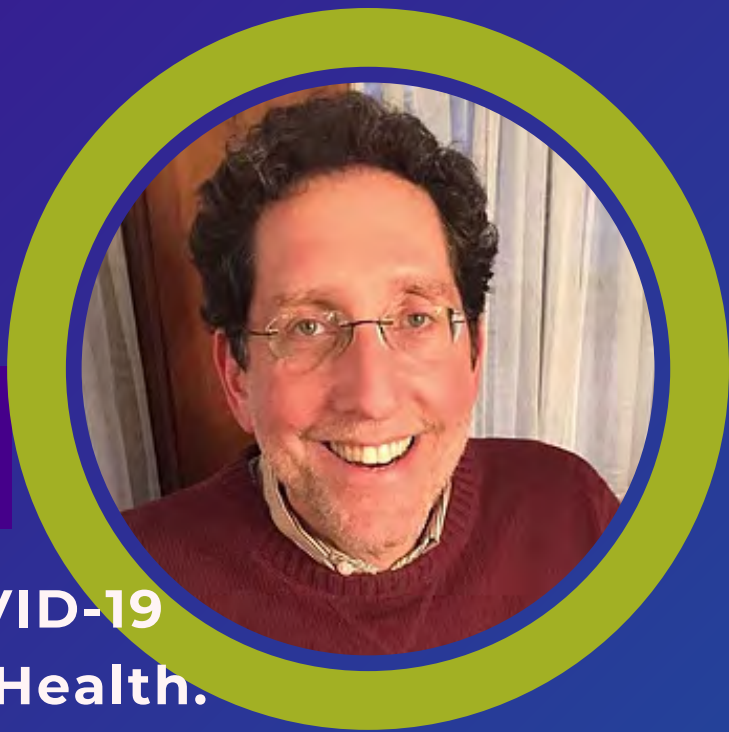


- **Control and express anger constructively.**
- **Strengthen family bonds and trust.**
- **Prevent children from engaging in substance
use and other risky behaviors.**

**Tuesday & Thursday nights (January 5,7,12,14 &
19) from 6:30-8:30**

Arlington Public Schools
Parent Forum presents

MINDING YOUR MIND



Resilience Required: COVID-19 and Teen/Tween Mental Health.

A webinar for parents and caregivers. This Winter couldn't be more different. Grief, loss, the rise in anxiety and depression, and ongoing uncertainty about the future are impacting our children.

Join Counselor Jon Mattleman for a dynamic virtual program providing a framework to understand and navigate this school year, your teen/tween's mental health, and how to be a support. In addition, participants will have the opportunity to ask questions and get concrete answers and practical steps they can take now —who has time to wait?

TUES, JANUARY 19
7:00 - 8:30PM

To Register:

<https://event.webinarjam.com/register/225/q7m5rs33>

www.mindingyourmind.org




MINDING
YOUR MIND

Questions? Contact:
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Arlington Public Schools
Parent Forum





**Please join us for a VIRTUAL FORUM on
WEDNESDAY, MAY 5, 2021, from 7-8:30 PM**

**PARENTING DURING A PANDEMIC:
BODY IMAGE, EATING, AND
EATING DISORDERS**

RSVP to bys.arlington@gmail.com

Jodi Galin, Ph.D. will share insights on:

- Eating issues exacerbated by the pandemic
- Body image: what it is and how to increase body knowledge
- The difference between good self-care and a preoccupation with a healthy lifestyle
- Tools to approach eating that foster health in ourselves and our children
- The warning signs of disordered eating and eating disorders
- Resources for support and treatment for disordered eating and eating disorders



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

