

THURSDAY, MARCH 14 | 7 PM – 8:30 PM

FOR PARENTS OF MIDDLE SCHOOL STUDENTS:

How to Help Your Child Cope with Stress. An Introduction to Mindfulness. (For parents of students in 6th – 8th grades)

Now more than ever many of our children are negatively affected by stress. This workshop will explore pragmatic ways to combat the constant stress facing our middle school children. Special guest and renowned Philadelphia-based pediatrician Bidi McSorley, MD will look at the factors that contribute to stress and discuss ways to promote resiliency. She will introduce techniques to cultivate mindfulness in our kids and in the family dynamic in order to create an oasis of resiliency and (delete, resiliency used in previous sentence and redundant) calm within families and in the school community. This workshop will be experiential including small group and large group discussion.

Bidi McSorley, MD, is a University of Pennsylvania pediatrician whose expertise in the developmental, physical and psychological challenges of children has made her one of the area's leading pediatricians and a pioneer in introducing mindfulness and behavioral health medicine into children's healthcare. Using powerful therapeutic mindfulness techniques, Dr. McSorley teaches skills to children, teens and adults to transform their lives, living with less stress, less anxiety and increased vitality and health.

THURSDAY, MARCH 28 | 7 PM – 8:30 PM

FOR PARENTS OF ALL SCHOOL STUDENTS:

Active Threats: A Primer for Parents (for parents of students in kindergarten through 12th grade)

Today no one is ever ready for an active threat. Mass chaos impacts everyone involved. Presenter, Michael Flynn, will provide firsthand information for parents. This interactive workshop will equip parents to improve understanding to handle threatening situations.

Michael Flynn, is a part of the patrolman and detective units. He is a Certified Crime Prevention Specialist and is tasked with instructing citizens of the township, adults and school aged children, in methods and strategies to reduce victimization. He oversees the Community Policing Unit which works closely with the residential, commercial and industrial communities to develop strategies that promote proactive community problem solving and crime prevention.

THURSDAY, APRIL 4 | 7 PM – 8:30 PM

FOR PARENTS OF HIGH SCHOOL STUDENTS AND HIGH SCHOOL STUDENTS:

Learn How to Better Cope with Stress: An Introduction to Mindfulness for Ourselves and Our Young Adult Children (for parents and high school students)

At increasingly younger ages, teens are facing higher levels of stress both in school and in everyday life. Research has found that stressful events can impact health and well-being in adolescents and can contribute to the development of physical and mental health problems and learning challenges. Practicing mindfulness can help both parents and teens improve their ability to focus, manage stress, regulate emotions and develop a positive outlook.

Presenter, Michael Baime, MD, will review the science behind mindfulness, lead a brief mindfulness practice, engage participants in a listening exercise and arm parents with some tools to help their young adults to regulate their response to stress and other emotional challenges.

Michael Baime, MD, one of the country's foremost experts on mindfulness, is a Clinical Associate Professor of Medicine at the University of Pennsylvania. He is also the founder and director of the Penn Program for Mindfulness. He earned a B.A. from Haverford College and an M.D. from the University of Pennsylvania.

THURSDAY, APRIL 11 | 7 PM – 8:30 PM

FOR PARENTS OF ELEMENTARY AND MIDDLE SCHOOL STUDENTS

Beyond Mean Girls: Understanding Girls' Friendships, Conflicts, and Relational Aggression (for parents with students in kindergarten through 8th grade)

"BFF's" and "frenemies." These words have crept into the vocabulary of even our youngest girls. How do girls' play and interaction patterns differ from those of boys? Why do girls have difficulty expressing anger and resolving conflict openly and instead stay with friends who routinely mistreat them? What are the roles girls play in cliques? And what should parents do if their daughter is the target of relational aggression? Rather than merely labeling girls as "mean," this presentation helps parents understand and support their daughter's friendships.

Catherine Mallam, M.S. ED., is a school counselor for over twenty-five years. She implemented an elementary counseling program from its inception. In 1992 she founded a peer mediation program which has served as a model for other schools. She is an expert on girls' and boys' friendships, childhood anxiety, ADHD, and executive functioning skills. She is Certified Trauma Practitioner through **The National Institute for Trauma and Loss In Children**. She earned her bachelor's degree in psychology from William Smith College and master's degree in education from the University of Pennsylvania.