



FOREST RIDGE
THE CENTER FOR GIRLS

Parent Education Series 2019-2020

Talking Together: Strengthening our Conversations with our Daughters

Presentation by Julie Metzger, RN, MN

Thursday, September 26, 2019 | 8:30 a.m. – 10:00 a.m. | Ackerley Conference Rooms

Families are where important growing-up takes place. We practice how to be in relationships, get along, have arguments and share space, responsibilities and time. Join Julie Metzger as she gives ideas for improving communication in ordinary moments that build relationships with our daughters.

Film premiere of *Screenagers NEXT CHAPTER: Uncovering Skills for Stress Resilience*

Tuesday, October 15, 2019 | 6:30 p.m. | Lee Theatre

Stress, anxiety and depression are on the rise. From the directors of *SCREENAGERS: Growing Up in the Digital Age*, comes a new film about helping young people thrive in our screen and stress-filled world. We encourage parents to attend. This film is only available through special screenings and not available on DVD or streaming services.

Counter Procrastination by Strengthening Executive Function Skills

Presentation by Beth Petersen of Petersen Academic Coaching

Thursday, November 14, 2019 | 8:30 a.m. – 10:00 a.m. | Ackerley Conference Rooms

Executive functions are a set of complex mental processes that enable us to regulate our behavior, make decisions and achieve goals. You aren't born with these skills, but they can be taught. Beth will explain common executive function skills as it pertains to self-management and procrastination. She will offer take-home strategies to help you and your daughter improve personal challenge areas today.

Talk to Me: Parenting in a World Bombarded by Sexuality Messages

Presentation by Amy Johnson, MSW, LCSW

Tuesday, December 3, 2019 | 8:30 a.m. – 10:00 a.m. | Ackerley Conference Rooms

Throughout her national and international work with both parents and professionals, Amy Johnson hears the same concerns from parents everywhere. "I don't know what to say." "Where do I begin?" "What is appropriate to cover at what age?" Come gain confidence and tools to handle these crucial conversations. Amy Johnson, MSW, LCSW, is passionate about families, faith and holistic sexuality education.

Creating Healthy Conflict: Moving from Drama to Empowerment

Facilitated by Shanon and Derek Olsen of Henley Leadership Group

Tuesday, January 14, 2020 | 8:30 a.m. – 10:00 a.m. | Ackerley Conference Rooms

Learning how to have a “good fight” is essential to our learning, growth and development. Healthy conflict allows us to gain new insights, see new perspectives, build trust and create stronger relationships. Pulling from their experience in corporate leadership development, as well as real world experiences as married partners raising two children, Shanon and Derek Olsen will present a simple tool that will help create conflict that is healthy and empowering.

Resisting the College Complex, facilitated by Nikki Danos

Thursday, February 6, 2020 | 8:30 a.m. – 10:00 am | Ackerley Conference Rooms

Rachel Simmons names the College Application Industrial Complex in her book, *Enough As She Is*, citing the intense pressures and apprehension that girls experience in anticipating college. At its worst, adoption of the College Application Industrial Complex fuels a pervasive sense of inadequacy and fruitless striving. Both students and their parents can find themselves making costly concessions; trading the joys of exploration and learning for fear and perfectionism. Instead, Simmons urges girls to resist the Complex, seeking ways to connect with genuine interests, harness the value of risk-taking and making mistakes, and redefine the path to happiness and success. Join us to discuss this powerful message and examine the ways we can encourage our girls, and ourselves, to resist the Complex.

***Enough as She Is*, presentation by Rachel Simmons**

Wednesday, March 4, 2020 | 7:00 p.m. – 9:00 p.m. | Lee Theatre

Praised by Facebook COO Sheryl Sandberg as “the expert on helping girls become leaders”, Rachel Simmons, best-selling author, educator and leadership consultant, is helping girls and women become more authentic, assertive, resilient and fulfilled. Rachel returns to Forest Ridge to share her research-based, practical strategies for both students and parents. Renowned for her down-to-earth and warm speaking style, Rachel delivers rich content and cutting-edge insights.

Girls and Feedback, facilitated by Christine Witcher and Elizabeth Matlick

Tuesday, March 24, 2020 | 8:30 a.m. – 10:00 a.m. | Ackerley Conference Rooms

Feedback Literacy refers to the skills we use when we seek out feedback, prepare ourselves to be open to feedback, and use feedback to learn and improve our work. These skills can be taught and improved upon through intentional practice. Forest Ridge teachers Christine Witcher and Elizabeth Matlick will share research-based strategies that parents can use to help their daughter develop feedback literacy skills.

Girl Drama: Supporting Your Daughter Through the Ups and Downs

Presentation by Sheri Gazett

Thursday, April 23, 2020 | 7:00 p.m. – 8:30 p.m. | Lee Theatre (NEW TIME AND LOCATION!)

Friendships and social dynamics can be complicated. As a parent, it can be difficult to know what to say and do to support your child through the ups and downs. By exploring the social world of girls, you can understand how to best support your child while also teaching them social skills that will stay with them for the rest of their lives.

**All presentations will be held at Forest Ridge School of the Sacred Heart
4800 139th Avenue SE | Bellevue | 98006 | 425-641-0700**