

inform engage inspire

Please join us for a new season dedicated to inspiring strong families and engaging school communities through parent education. All events will be virtual this season. Please register in advance to receive the webinar Zoom link prior to the event.



Tues, Jan 25; 7pm-8:15pm PT

EMOTIONAL INTELLIGENCE:

Unlocking the Power of Emotions

Featuring **MARC BRACKETT, PhD**
in conversation with **SCOTT ERICKSON, PhD**

Curiosity about our emotions can play a significant role in managing stress. In this talk Dr. Marc Brackett, Founder and Director of the Yale Center for Emotional Intelligence, will discuss how giving our children and ourselves permission to feel and name our emotions can increase our ability to regulate tough emotions, help us make better decisions, build stronger relationships, perform better and improve mental health. In conversation with Dr. Scott Erickson, Head of School, Phillips Brooks School.



Thurs, Feb 10; 7pm-8:15pm PT

COMBATING LONELINESS:

Cultivating Connection and Community

Featuring **KASLEY KILLAM, MPH**

Isolation and loneliness have become commonplace during the pandemic. And while we typically consider health in two dimensions: physical health and mental health, public health expert Kasley Killam, founder of Social Health Labs, advocates including a third dimension, social health. In this talk, she will explore the research showing how loneliness affects long-term health and share advice for building supportive relationships and staying connected.



Tues, Feb 15; 7pm-8:15pm PT

HUNT, GATHER, PARENT:

Raising Kind Humans

Featuring **MICHAELEEN DOUCLEFF, PhD**

What can we learn from other cultures to help us raise kind humans? Dr. Michaeleen Doucleff, author of *Hunt, Gather, Parent*, researched parenting in Maya, Inuit and Hadzabe families. She observed parent-child relationships vastly different from Western ones —built on cooperation not control, trust not fear, and personalized needs instead of standardized developmental milestones. In this talk, she will share practical tips for building calm, confident and conflict-free relationships.

Please join us! All Common Ground Speaker Series events are free of charge to the parents, faculty and staff of our member schools. Books may be purchased in partnership with Books, Inc.



Wed, March 9; 7pm-8:15pm PT

THE NEW TECH NORMAL:

Creating Balance and Boundaries Around Screentime

Featuring **ANYA KAMENETZ**

As technology increasingly dominates the lives of children, there is little agreement about best practices for parents. Anya Kamenetz, author of *The Art of Screen Time*, helps families decipher appropriate technology use at home. Assembling recent scientific research, expert advice, and families' experiences, she has crafted findings to help us navigate our complex and conflicted relationship with screens.



Tues, March 29; 7pm-8:15pm PDT

ONE TRUSTED ADULT:

Building Mentoring and Caring Relationships

Featuring **BROOKLYN RANEY**

Research shows that just one trusted adult can have a profound effect on a child's life, influencing a young person toward positive growth, greater engagement in school and community activities, better overall health, and prevention of risky and threatening behaviors. Educator and author Brooklyn Raney will share insights on how child-centered educational cultures reinforce trust and accountability.