

PARENT INFORMATION SERIES 2023

The Impact of Technology on the Child/Teen Brain

Tuesday, April 18 | 6:30-7:30pm
Cedar Mill Library

Examine the current mental health of our children/teenagers in connection with the influence of technology and gaming. Discuss simple tips that parents can implement to help offset the challenges of technology.

Presenter: Shawn Marshall, Children's Program

Anxious Children, Confident Parenting

Wednesday, April 26 | 6:30-7:30pm
Cedar Mill Library

Parents of children who struggle with anxiety often feel stressed and anxious themselves. Strengthen your understanding of anxiety, and gain confidence in being the steady guide your children need.

Presenter: Allan Cordova, Children's Program

Turning Your Teen's Stress into Growth

Wednesday, May 3 | 6:30-7:30 pm
Cedar Mill Library

Today's teens/tweens are experiencing unprecedented rates of anxiety, stress and depression. Learn 5 ways to help your teen develop more confidence in their ability to manage difficult feelings and experiences.

Presenter: Yshai Boussi, LPC, Portland Family Counseling

Supporting Your Child's Literacy in K-3

Thursday, May 11 | 6:30-7:30pm
Cedar Mill Library

Find out more about your child's literacy development in K-3 and their progress towards becoming an independent reader. Learn how the Science of Reading can help you support your child.

Presenter: Rachell Keys, Reading Specialist, ECRI trainer

Toddler Talk

Tuesday, May 16 | 6:30-7:30pm
Online via Zoom

Understand your toddler's world and transform tantrums, hitting, biting, and screaming. Let's laugh together and support one another to make raising a toddler more enjoyable.

Presenter: Megan Barella, Positive Discipline Educator



**Learn
more
online**

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