

2024-2025

## Endeavor Health Parent Series: Parenting Unplugged: Raising Healthy Teen Minds

Every 1st Wednesday of the Month



**9/18/24 - Laura Koehler, PsyD**

### **From Fear to Confidence: Strategies for Managing School Anxiety and Avoidance**

Objectives

1. The signs and symptoms of anxiety related to school.
2. Develop practical strategies to help your child manage emotions in a healthy way.
3. Learn life skills and crisis skills you can practice with your child during anxiety provoking situations.

**10/16/24 - Bob Watson, MAT**

### **The Advanced Placement Act & What It Means for Parents**

Objectives

1. Review and clarify the Advanced Placement Act and how it changes scheduling for high school students in the 2024-25 school year.
2. Identify expectations for AP classes and behavior changes you should notice in your children.
3. Discuss boundaries and proactive parenting steps you can take to ensure that your child is able to maintain their academic placement and mental health.

**11/20/24 - Lakeisha Banks, LSW**

### **Ain't No Bull: Empowering Parents to Spot, Stop, and Support Against Bullying**

Objectives

1. Identify various forms and instances of bullying.
2. Recognize parents' roles at home.
3. Strategies and resources for parents to prevent and respond to bullying.

**12/18/24 - Marie Sawyer, LCSW**

### **Empowering Your Child: Understanding Executive Functioning, Brain Development, and Essential Support Strategies**

Objectives

1. Identify executive functioning skills and understand how brain development can impact ability.
2. Learn strategies for empowering your child to improve executive function skills.
3. Increase knowledge of available resources to support you and your child

**1/15/25 - Beth Menges, LCPC, CADC**

### **Up in Smoke: Understanding Today's Scene In Adolescent Substance Use**

Objectives

1. Understand the stages of substance use.
2. Increase knowledge of marijuana potency and ways in which marijuana is being used.
3. Gain understanding of strategies to keep kids safe and healthy.

**2/19/25 - Sarah Denman, MA, MSA, LCPC**

### **Overview and Warning Signs of Eating Disorders**

Objectives

1. Review 3 types of eating disorders.
2. Learn 3 warning signs for eating disorders
3. Identify 2 resources to help their child if they suspect they have an eating disorder.

(continued on next page)

To listen to our Parent Series Podcast, visit  
[www.eehealth.org/loh-parentingunplugged/](http://www.eehealth.org/loh-parentingunplugged/)



## 3/19/25 - James Hill, OTR/L

### The Digital Dilemma: A Conversation About Social Media and Parenting

#### Objectives

1. Be familiar with the 2023 Surgeon General Advisory.
2. Share their concerns about parenting as it relates to social media.
3. Discuss possible constructive responses for parents.

## 4/16/25 - Elizabeth Hill, ATR-BC, LCPC

### Using Creativity to Build the Parent Child Relationship

#### Objectives

1. Learn 2 ways creativity can improve relationships.
2. Learn 2 benefits of creative expression for children/adolescents.
3. Learn 3 ways to use creativity to build the parent child relationship.

## 5/21/25 - Yaritza Camargo, LSW

### Empowering Self-Esteem: Identifying Signs, Parental Strategies, and the 5 Love Languages

#### Objectives

1. Recognizing signs of low and high self-esteem
2. Identifying strategies for parents/guardians to use to empower their kids.
3. Utilizing the 5 Love Languages to assist in building self-esteem.

To listen to our Parent Series Podcast, visit  
[www.eehealth.org/loh-parentingunplugged/](http://www.eehealth.org/loh-parentingunplugged/)

