

Connecting,
Sharing,
Learning,
Educating,
Supporting,
Networking



**Saturday,
February 4, 2012**

**15th PARENT UNIVERSITY
Saturday, February 4, 2012**

Register Early!

Don't miss this informative, educational morning!

Lyons Township High School – South Campus
4900 S. Willow Springs Rd., Western Springs, IL

Saturday, February 4, 2012

Registration/Check-in	7:15 am - 8:00 am
Continental breakfast, snacks, beverages	Available all morning in cafeteria/Resource Room
Keynote address by Diane Leamy	8:00 am - 9:15 am
<i>“Taming the Worry Monster – Anxious to Calm”</i>	
Session 1	9:30 am - 10:35 am
Break/Resource Room Open	10:35 am - 11:05 am
<i>Connect with others & share ideas ~ Visit community organization tables ~ Buy raffle tickets</i>	
Session 2	11:10 am - 12:15 pm
Announcement of raffle winners	12:20 pm
Session 3	12:25 pm - 1:30 pm

Attend keynote address and choose up to 3 additional sessions.
Pre-registered childcare available. Please bring a marked sack lunch for your child.

Keynote Address

Diane Leamy, Ph.D., LCSW

Taming the Worry Monster: Anxious to Calm

A sick stomach, a racing heart, breathlessness. It feels like being stalked by a deadly predator. Anxiety - both the most prevalent and treatable emotional challenge children and teens face.

Learn what causes anxiety, how it appears at various ages, and how effective you, as a parent, can be in helping your child or teen cope. Neurobiology, temperament, cognition, and parenting styles are all part of the picture. Learn clear guidelines for reducing anxiety in general and teaching your anxious child to cope. Leave feeling calmer and more able to cope yourself.

Diane is a licensed clinical social worker with PhD in clinical social work. She also holds a Masters degree in Public Health as well as a Masters degree in social work. She has been in private practice since 2002 after working as a school social worker in middle and elementary schools for 10 years. She has been an adjunct faculty member at the Institute for Clinical Social Work in Chicago and has spoken at several past Parent University events.

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Session 1 (select 1st and 2nd choice)

9:30 a.m. to 10:35 a.m.

- 1A. **Cyberspace Teens - Sarah Migas, MSW** (M, H)
Learn the common pitfalls youths encounter online, including: social networking sites, instant messaging, emailing, cyber bullying, sexting, self-representation, and digital citizenship. Gain confidence to challenge teens to think critically about who they are talking to on technology, what they are talking about, and how they are treating others.
- 1B. **Bringing Out Their Best - Maureen O'Hara, MA** (G)
Learn how to build your child's self-esteem by avoiding the traps of labeling, over-criticizing, and enabling. Help your child become lovable and capable by providing opportunities to contribute and belong by practicing the language of encouragement, and by building the 40 assets for success.
- 1C. **Food for Thought: How to Choose Food to Properly Fuel Your Brain and Body - Janet Triner** (G)
This presentation is designed to arm parents with essential information to guide them in selecting food that will help keep their children's brains and bodies healthy. Participants will receive easy tips to follow in making healthy food choices and in reading product labels. A list of valuable resources will also be provided.
- 1D. **Reducing Student Anxiety: What Schools Are Doing and How Parents Can Help - Lynn Surin Lawrence, MA, Education** (E, M)
As our society continues to focus on achievement and high-stakes testing, it is no surprise that school-aged children are exhibiting more signs of stress and anxiety than they did in years past. Learn how schools are using Social and Emotional Learning, or SEL, to help children recognize and cope with anxiety, as well as hear tips about what parents can do at home.
- 1E. **Top Ten Positive Parenting Strategies for Preschoolers - Dana J. Burke, M.S.Ed., & Jennifer G. Schuler, LCSW** (P)
Little ones explore their individual environments and make frequent connections on a daily basis. Learn to consider typical developmental milestones while associating the strengths and challenges of your own child. Participants will gain practical information regarding preventative strategies to implement for reduction of problem behavior during this interactive session.
- 1F. **Creating Healthy Relationships with Kids: How to Discipline with Love - Margie Salyer, LCPC** (M, H)
Margie will provide a variety of tips for managing quality relationships with kids. Her recommendations will include the 7 components of healthy relationships and the 4 big mistakes to avoid. Learn concrete tactics to take home and use with kids of all ages.
- 1G. **The Teen Girl's Brain - Susan Wilkie, Ph.D., LMFT** (M, H)
The massive neurological effects hormones have on the female brain during different stages of life shape a young teen's desires, values, and the way she perceives reality. The brain is reorganizing neuronal circuits that drive the way she thinks, feels, and acts. Learn how you can support your daughter's self-esteem during the turbulent teenage years.

Session 2 (select 1st and 2nd choice)

11:10.m. to 12:15p.m.

- 2A. **Maybe It Isn't Laziness: Signs and Symptoms of a Behavior Problem - Keith A. Baird, Ph.D.,** (E, M, H)
Frustrated and bewildered by your child's inability to get and stay on track in school? Does your child have trouble doing homework and staying organized? Maybe it isn't just laziness. Dr. Baird will share some key differences between laziness and some diagnosable (and treatable) conditions such as depression, anxiety, ADHD, and learning disorders. He'll offer lots of practical suggestions during this interactive session.
- 2B. **Holding the Line without Losing Your Cool - Maureen O'Hara MA** (G)
Maureen will teach you how to deal with problem behavior without damaging relationships. She'll explain setting limits, constructing "I" messages, & employing natural and logical consequences so you can avoid the nagging and power trap.
- 2C. **Positive Peer Relationships in Middle School and Beyond - Karen Williamson, Ph.D.** (M, H)
This workshop will focus on helping kids to find and maintain positive friendships. Parents also will learn how to help their kids handle the more challenging aspects of the junior high and high school social milieu, such as teasing, peer pressure, cliques, and popularity.
- 2D. **Tears, Tantrums and Battles: Preventing Power Struggles - Karen Jacobson, MA, LMFT, LCPC & Lauren Bondy, MSW, Certified LifeLine Practitioner** (P, E)
Power struggles can occur over just about anything, such as bedtime, getting out the door, chores, getting dressed, homework, and use of electronics. This battling creates anger, resentment, distance, and rebellion. In this fun and entertaining workshop, you will learn: specific strategies for preventing power struggles, tips for getting out of power struggles when they do occur, and simple steps for setting limits guaranteed to make your life easier for years to come.

Session 2 continued (*select 1st and 2nd choice*)

11:10 a.m. to 12:15p.m.

- 2E. ***A Parent's Guide to Teens, Sex, and Dating*** – **Tori Libby** (H)
The most important factor in a child's decision about sexual activity is you, the parent. Make your teen a success story. Have you ever felt awkward or ill-equipped to talk to your child about sex. This workshop will give the tools and answers you need. You'll also learn current risks in youth culture, strategies for communicating values to your teen, and much more.
- 2F. ***Study Skills for School Success*** - **Amy Johnson, M.Ed.** (M, H)
Amy will share strategies for helping students study more efficiently and effectively. You'll review techniques for initiating a shift of academic responsibility from you to your student while learning how to best support them as their academic environment becomes more challenging. Topics will include learning styles, time management, note taking, and test preparation, among others.
- 2G. ***Managing College Costs: Finding the Right Financial Fit/Cultivating Financial Success*** - **Frank Palmasani** (H)
College is a large expense; so find out early about the admission process and what you can do NOW to prepare. At this presentation, you will learn the *Financial Fit College Search Program and System* and how to assess your personal affordability threshold for college. Frank will share details of the Financial Aid System and How to Maximize Benefits and Avoid Traps.

Session 3 (*select 1st and 2nd choice*)

12:25 p.m. to 1:30 p.m.

- 3A. ***Self-esteem: The Myths and the Truths*** - **Michael Maniacci, Psy.D.** (G)
Dr. Mike, a highly rated and entertaining speaker will share what healthy self-esteem is and how parents and professionals often inadvertently decrease self-esteem. Discover how you can encourage healthy self-esteem in yourself and in your children
- 3B. ***The Risky World of Today's Teens: What Parents Should Know*** - **Cathy Kokontis, MSW, CADC** (H)
Teens are exposed to a world that includes drinking, drugs, sex, and many other risky possibilities. Teen brain development makes decision making a more complex process than simply weighing the choices and making the best decision possible. In this session, we discuss information on teen trends and strategies for dealing with common teen issues.
- 3C. ***Careers and Kids: Keeping Your Cool*** - **Karen Jacobson, MA, LMFT, LCPC, & Lauren Bondy, MSW, Certified LifeLine Practitioner** (P, E)
Many parents believe that to be successful at work means their families will suffer; or that devoting time to being the best parent will cause their career to suffer. The more stressed we are, the greater likelihood that we will be harsh, impatient, rushed, and lack empathy with our children. This workshop provides tips for helping parents feel balanced in their lives, and for keeping their cool even when under pressure.
- 3D. ***Crippling Kids with Happiness*** - **Char Slezak, Psy.D., & Michael Bradburn, D.Min., LCSW** (E)
Should your child's happiness be your #1 parenting goal? Learn some complementary and sometimes contrary parenting goals and principles. Through case studies, practical examples, and interactive learning, participants will explore (1) what drives our parenting goals (2) why "optimal frustration" is developmentally crucial, and (3) how parents can make the choice to shift their parenting goals to ones that will help their children become more resilient.
- 3E. ***Raising Boys*** - **Karen Williamson, Ph.D.** (G)
Karen will address the fundamental differences in how boys think, learn, play, and socialize. Parents will learn more effective management techniques for boys as well as how to engage boys in positive conversations and relationships.
- 3F. ***The Available Parent: What Works and Does Not Work, in Parenting Teens and Tweens*** - **John Duffy, Psy.D.** (M, H)
This entertaining workshop will define available parenting as parenting in a loving, open, non-judgmental, communicative manner that minimizes conflict and crisis, and maximizes satisfaction in parent-child relationships. Dr. Duffy will highlight some things we tend to do as parents that never work, including lecturing, micro-managing, and living vicariously through our kids.

Sessions designated by age level: *Preschool (P)*, *Elementary (E)*, *Middle School (M)* *High School (H)*, *General (G)*

For further information, including speaker bios, visit www.parentcommunitynetwork.com

15th Annual



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Lyons Township High School
100 S. Brainard
La Grange, IL 60525

New Website

www.parentcommunitynetwork.com

Non-Profit Organization

U.S. Postage Paid

La Grange, IL 60525

Permit No. 86

Parent Community
Network is now on
Facebook!!



Join other Parents & Educators on Saturday, February 4, 2012

Parent University will again feature outstanding educational
speakers and topics designed just for you!

Be sure to visit our Community Resource Room and also
purchase a raffle ticket or two to win wonderful prizes (& support us)!

**Fee is
\$20
in advance**

Register Early, Sessions fill quickly!!

Early Registration ends 1/24/12

Registration at the door on 2/4/12 is available as well for \$25.

**Bring a
friend!**



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*Parent Community Network (PCN) is a **volunteer** group made up of parents, educators and community members from the Lyons Township area, who share the goal of ongoing parental education and support for each other to raise healthy, well adjusted, substance abuse-free and violence-free children. Through Parent University (PU) and other educational programs, newsletters and social media, PCN's mission is to enhance communication, sharing of information and support among parents, schools, and other community groups in promoting and creating a healthy and safe environment for our youth. PCN encourages parents to learn, connect and talk with one another and their children, keeping the lines of communication open.*

Visit www.parentcommunitynetwork.com for information about how you can get involved or to donate! Thanks!