



# Resilient Parent, Resilient Child

## Parent & Family Program Series

Fall 2018 Schedule

"Healthy Mind, Healthy Body, Healthy Community"



**SPARK Kindness** is very pleased to present the 6th annual Resilient Parent, Resilient Child speaker series. These programs are **FREE** of charge thanks to sponsor and community support. Visit **SPARKKindness.org** to learn more, to register for programs, and for schedule updates and changes. All are welcome and we look forward to seeing you!

### SEPTEMBER 2018

#### **"What Were You Thinking?": The Effects of Marijuana on the Adolescent Brain**

**Thursday, 9/20/18 | 7-9pm at Natick High School** — *For the entire community (including middle and high school students)*

**Marisa Silveri, PhD**, nationally acclaimed behavioral neuroscientist at Harvard Medical School and McLean Hospital, will present her work on adolescent brain development and the effects of marijuana use on brain function.

— *Lead Sponsors: Natick Acts, Natick Together for Youth (NTY), Town of Natick, Natick Public Schools, SOAR Natick, SPARK Kindness*

#### **Screenwise: Helping Kids Thrive in Their Digital World**

**Monday, 9/24/18 | 7-9pm at Natick High School** — *For parents and caregivers (all ages)*

Author and expert **Devorah Heitner** presents practical advice on how adults can mentor young people to thrive online while developing social and problem-solving skills to be the best people that they can be.

— *Lead Sponsors: MutualOne Charitable Foundation, Natick Education Foundation (NEF), Natick Public Schools, Metrowest Regional Coalition for Suicide Prevention, SPARK Kindness*

### OCTOBER 2018

#### **Peaceful Parent, Happy Siblings**

**Thursday, 10/11/18 | 7-9pm at Natick High School** — *For parents and caregivers (all ages)*

Leading author, expert, and creator of the popular **Aha! Parenting** blog, **Laura Markham, PhD**, discusses how you can help siblings form a healthy bond. Learn how to create deep connections with each of your children to build stronger family relationships.

— *Lead Sponsors: MutualOne Charitable Foundation, Riverbend School, American Girl, SPARK Kindness*

#### **Stress Reduction for Parents and Caregivers**

**Sundays, 10/21/18 & 10/28/18 | 2-4pm at Natick High School Library** — *For parents and caregivers (all ages)*

We are pleased to offer a free 2-session wellness program for parents of children from elementary through high school. This program, developed by the world-renowned **Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital**, teaches self-care skills to help cope with stresses of everyday life and aims to leave parents with a renewed sense of resilience and well-being. (Limited to 25 parents.) Online registration opens in September.

— *Lead Sponsors: Natick Public Schools, Metrowest Regional Coalition for Suicide Prevention, SPARK Kindness*

#### **Public Forum: Addressing the Opioid Epidemic as a Community**

**Wednesday, 10/24/18 | 7-9pm at Natick High School** — *For the entire community*

Learn about ongoing efforts in Natick to reduce and prevent opioid and heroin addiction, and ways that every individual can get involved and help address this disease in our community.

— *Lead Sponsors: Natick Opioid Task Force, Town of Natick, Natick Police Department, Natick Acts, Natick Together for Youth (NTY), Natick Public Schools, SOAR Natick, SPARK Kindness*

#### **Intelligent Lives: Presented by Award-Winning Filmmaker Dan Habib**

**Monday, 10/29/18 | 7-9pm at Natick High School** — *For the entire community (including high school students)*

Join award-winning filmmaker, **Dan Habib**, for this screening of his most recent documentary which challenges our notions of what it means to be intelligent. This film shows what we can do to ensure that people of all abilities achieve their full potential in their work and social lives.

— *Lead Sponsors: Natick Special Education Parents Advisory Council (SEPAC), Natick Public Schools, Natick is UNITED, SPARK Kindness*

## NOVEMBER 2018

### Hands Free Mama: Living a Messy, Imperfect, and Connected Life

**Wednesday, 11/14/18 | 7-9pm at Wilson Middle School, Natick** — *For parents and caregivers (all ages)*

**Rachel Macy Stafford**, best-selling author and former special educator, reveals how to put down the to-do list, overcome distraction, and let go of perfection to grasp what truly matters. Learn about the power of connection and the small changes we can all make to offer more presence, acceptance, and grace to ourselves and our loved ones.

— **Lead Sponsors:** MutualOne Charitable Foundation, Patrick's Promise Foundation, Tobin Family of Schools, SPARK Kindness

### Natick Bullying Prevention Public Forum

**Thursday, 11/29/18 | 7-9pm at the Natick High School Library** — *For the entire community*

Join Natick Public School administrators, community leaders, parents, students, and citizens for a discussion of bullying prevention efforts and policies. The goal of this forum is to promote communication between families, schools, and community to support the well being of all young people.

## JANUARY 2019

### Community Celebration in Honor of Dr. Martin Luther King, Jr.

**Monday, 1/21/19 | 10am at Wilson Middle School, Natick** — *For the entire community*

Celebrate the life of Dr. Martin Luther King, Jr. and discover how his legacy continues to inspire and empower us all. All are welcome to participate in a brief community event and service project following the celebration!

— **Lead Sponsors:** Interfaith Clergy of Natick, Natick METCO Program, Natick Public Schools, Natick is UNITED, Natick Together for Youth (NTY), SPARK Kindness

## Coming Soon! Special Screenings!

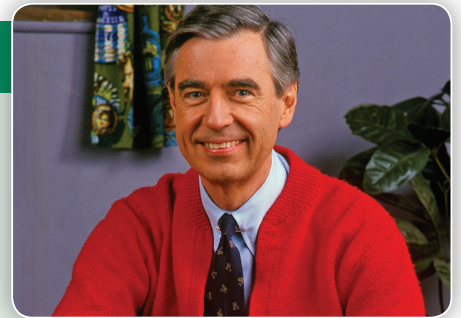
### Community Film Screenings: Won't You Be My Neighbor?

**12/2/18, 12/5/18, and 12/6/18**

**The Center for Arts in Natick (TCAN)** — *For the entire community*

Join us for **free** community screenings of this acclaimed documentary film that looks back on the legacy of Fred (Mister) Rogers, focusing on his radical kindness. This is a special opportunity to celebrate kindness, our neighbors, and the power of our community.

— **Lead Sponsors:** The Center for Arts in Natick (TCAN), Town of Natick, Natick Center Cultural District, Natick Public Schools, Natick is UNITED, Patrick's Promise Foundation, SPARK Kindness



SPARK's Resilient Parent, Resilient Child program series is made possible in part because of generous sponsorship support from the following businesses and community organizations:

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The Gift of Happiness  
Town of Natick  
Walnut Hill School for the Arts



Donations are gratefully accepted to help SPARK continue to provide this free programming to the community. Visit [SPARKKindness.org](http://SPARKKindness.org) to learn more about SPARK's work and how you can support our organization today, and into the future!