



2020 SOCIAL & EMOTIONAL WELLNESS

Our school is partnering with Dr. Crystal Collier, LPC-S to present a workshop designed to inform and empower parents and students.

Workshop Description

Topic: Empathy, Social Awareness & Relationships

Topic Description: Navigating pre-teen and teen relationships can be difficult for both kids and parents. This presentation will discuss the executive function skills of empathy and social awareness. Students will learn what part of the brain is responsible for them and how to grow these skills as they develop. Healthy teen relationships will be described and how empathy and social awareness can keep kids safe from bullying, and dating aggression, as well as in cultivating positive friendships.

Topic: How Technology is Reshaping the Brain

Topic Description: Technology is shaping how our brain develops with positive and negative effects. More teens are suffering from depression and anxiety than any other time in our history due to too much screen time. Video game manufacturers hire teen testers to study the addictive nature of games to increase sales. This presentation elucidates how screen exposure and video games affects mood, learning, memory, sleep, and relationships. Practical, every-day parenting solutions and healthy tech rules will be discussed for parents.

Speaker. Dr. Crystal Collier, Houston Counseling Association's 2019 Counselor of the Year, is a therapist, researcher, and educator. She created a comprehensive prevention model to teach the neurodevelopmental effects of risky behavior to children, teens, and parents which was selected for the 2015 Prevention and Education Commendation from the National Council on Alcoholism and Drug Dependence. Her book, *The NeuroWhereABOUTS Guide: A Guide for Parents and Families Who Want to Prevent Youth High-Risk Behavior*, can be found on Amazon!

Mark Your Calendars!

STUDENTS

March 12th 3-5th

March 29 8th

March 30th 6th

March 31 7th

PARENTS

Empathy, Social
Awareness

March 29

11:30am-12:30pm

Technology & the
Brain

March 30

11:30am-12:30pm

Remember to talk to
your kids and ask
questions when they
get home!

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