



OAKCREST SCHOOL

Mothers Club

INVITING ALL OAKIE MOMS - CURRENT, ALUMNAE, OR FUTURE

**Coffee and Treats
Provided!**

4th Friday of the month

8:00-9:00 am

**Faculty Lounge
3rd Floor**

**Babies and young children
welcome**

January 31

**Happy at Home:
Meeting the Developmental
Needs of Your Adolescent**

Presenter:

**Elizabeth Bergin
Parent Engagement Coordinator**

February 28

**Understanding Anxiety:
The Basics and What We Can Do About It**

Presenter:

**Helena Orellana, Psy.D. in Clinical
Psychology and Faculty
at Divine Mercy University**

March 28

**Fostering Sturdiness/Resilience in our
Daughters and Ourselves**

Presenter:

**Liz Rolwes
Dean of Students**

May 2

**The Value of Mentoring
Adolescent/Teen Girls:
Success Through Parent Partnership**

Presenter:

**Mary Ann Messenger
Upper School Director of Mentoring**

