



Saturday, February 4, 2017

8:00 am - 12:35 pm

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

What is Parent University?

*An annual morning of learning where **parents, educators and community organizations** connect and support each other so that our kids can grow up healthy and well-adjusted, free of violence, and free of substance abuse, through all stages of childhood.*

Registration \$20 by 2/1 or \$25 at the door or if rec'd after 2/1

This event is for adults.

Childcare available \$7 per child – must register ahead

www.parentcommunitynetwork.com



Zen Parenting

Practicing Mindfulness, Self-Awareness, and Empathy With Your Kids

The core of Zen Parenting is introspection, mindfulness, and outrospection. These are the essential elements to simplify and find more peace in your parenting. Learn practical ways to strengthen relationships and avoid becoming overwhelmed by difficult emotions or setbacks.

Gain insights, stories and humor from this mom & dad team, hosts of the podcast Zen Parenting Radio - recommended as “audio inspiration” for stressed-out parents by Parents Magazine!

[Cathy Cassani Adams, LCSW, CPC](#)
[Todd Adams, CLC](#)

Cathy Cassani Adams is a self-awareness expert focused on parenting and the personal empowerment of women and young girls. She's a Licensed Clinical Social Worker, Certified Parent Coach, Certified Elementary School Teacher, Certified Yoga Teacher, and a professor in the Sociology Department at **Dominican University**. She authored an award-winning book, *Living What You Want Your Kids to Learn: The Power of Self-Aware Parenting*. She was also a Child and Family Therapist/Clinical Educator at **Lurie Children's Hospital of Chicago**.

Todd Adams is a coach and advocate for men supporting them in embracing healthy masculinity and conscious relationships. He co-founded **The Tribe Men's Group**, is a member of **The Mankind Project**, a staff member for the **New Warrior Training Adventure**, and is a blogger for **The Good Men Project**. He's a Certified Life Coach Coach through the **Tony Robbins Core 100 Life Coaching Program** and a certified instructor for the **Institute of Heartmath** where he was trained in stress reduction and relaxation.

Attend Zen Parenting keynote + Choose 2 more topics on teens, tweens, toddlers+

See next page for schedule of topics. Speaker bios & more at www.parentcommunitynetwork.com

Presented by



Continental breakfast and beverages included!

Session 1 Topics: Indicate your first and second choice - Register early for best selection

All Ages

- 1A. Bringing Out Their Best** - [Maureen O'Hara](#), MA in Counseling and Human Services
- 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 assets for success.
- 1B. Resilience and the Value of Taking Healthy Risks** - [Michael Maniaci](#), PsyD
- Resilience is the ability to stay strong in the face of adversity. This workshop will explore stress inoculation and how to prepare ourselves for future stress.

Early Childhood: Ages 2- 8

- 1C. Avoiding Ecophobia: Launching Curious, Confident, Nature-Loving Kids** - [Katie Slivovsky](#), BS in Fish and Wildlife Biology with emphasis in Environmental Education, Exhibit Development Director at Chicago Children's Museum **NEW**
- In this interactive session, investigate "what not to do" when it comes to nature play and conservation for kids, explore the pros and cons of helicopter vs. helipad parenting, and walk away with lots of easy-peasy ways to connect young children with nature—no expertise required!
- 1D. Taking the Bite Out of Challenging Behaviors in Young Children** - [Angela Searcy](#), Doctorate in Education, MS in Early Childhood Development from Erikson Institute **NEW**
- Behaviors such as hitting, biting, hair pulling, short attention spans, high activity levels, and tantrums are common among young children. These behaviors can have a negative impact on their social emotional development and family functioning. This workshop explores simple solutions for parents of young children.

Ages 5-12

- 1E. The 8 Biggest Parenting Traps** - [Karen Jacobson](#), MA in Counseling Psychology, LMFT, LCPC and [Lauren Bondy](#), MSW, LCSW. Co-founders of Parenting Perspectives
- Many well-meaning parents unknowingly fall into parenting traps that interfere with raising responsible, resilient and confident children. This entertaining workshop exposes parents to these traps and shows how to nurture children in ways that promote healthy development and foster unique potential. Parents will appreciate the necessity of giving children their time,

attention, values, and limits. Learn why accepting their children's feelings impacts healthy development. Parents will be given new ideas for deepening their own self-awareness that will ripple into gifts for the entire family.

Ages 10 and Up

- 1F. Keeping Grounded While Plugged In: Digital Media and Relationships for Middle Schoolers** - [Julie Carbray](#), PhD, FPMHNP, PMHCNS, APN-BC, Clinical Professor of Psychiatry and Nursing & Administrative Director, Pediatric Mood Disorder Program at UIC **NEW**
- Learn how to work with your children in staying grounded in their character while navigating social media, gaming, and the digital world. Learn how growing middle school brains respond to digital media and gaming with their children, how to navigate this world as a family, and review the current science on addictions vs usefulness of digital media in the middle school years. Practical tips along with science based solutions will be shared in examples and discussion.
- 1G. The Importance of Parents in the Prevention, Recognition, and Treatment of Depression and Anxiety in Their Adolescents** - [Beth Plachetka](#), EdD, MSW, MAEL, LCSW, Owner of Safe Harbor Counseling **NEW**
- Nothing is more important than our children. Each child demonstrates unique strengths and challenges which delight, exasperate, and concern us. Parents need to know how to distinguish typical behaviors from behaviors that can indicate depression or anxiety in their adolescent. Learn the signs and symptoms of depression and anxiety, typical causes, and effective responses and interventions. The presentation includes time for questions and answers.

Ages 12 and Up

- 1H. Bumper Sticker Baloney: The Name of the College Does Not Determine the Value of the Student or His/Her Education** - [Lianne Musser](#), MA in Counseling, MA in Administration, College Coordinator, LTHS
- This session is based on the opinions put forth by Frank Bruni in his book "Where You Go Is Not Who You'll Be". The presentation will explain why there are many colleges, public and private, large and small, that will provide an outstanding education while also providing the student with skills and a sense of self that might have been lost in another setting.

Session 2 Topics: Indicate your first and second choice - Register early for best selection

All Ages

- 2A. Holding the Line Without Losing Your Cool -** [Maureen O'Hara](#), MA, Counseling and Human Services
Learn how to deal with problem behavior without damaging relationships. You'll practice setting limits, constructing "I" messages, employing natural and logical consequences. You'll also learn how to avoid nagging and power traps.
- 2B. Emotional Intelligence: Teaching Empathy and Compassion -** [Michael Maniacci](#), Psy.D
Children's ability to read other people's emotions is closely tied to understanding their own emotions. This workshop will describe why emotions are important and how to teach children to be Emotionally Intelligent.
- 2C. Improvisation and Available Parenting-** [Karen Holbert](#), BFA in Theatre Arts, Graduate of the Second City Training Center's Conservatory Program
If there is one rule of improv, it is to be present in the moment. This is just as essential to good parenting as it is to good improv! Come to this interactive session to discuss parenting in the present moment. Parents will get to try out some listening exercises and play other improv games that are both fun and helpful. No prior experience needed and participation in the games is voluntary. Come and play or just watch and learn!

Early Childhood: Birth-Age 8

- 2D. Happy Marriage, Happy Kids: Stress in Parenting and Impact on Relationships –** [Jessica Heimark](#), MS in Marriage and Family Therapy, LMFT, The Self-Care Path **NEW**
"First comes love, then comes marriage, then comes the baby in the baby carriage!"... But then what? Learn how to not only survive parenting when your children are most dependent, but also how to enrich your marriage. Marriage tends to take a backseat with new parents due to the high demands from young children. This can take a toll on the connection between partners, and many can fall into the trap of feeling like "roommates". Walk away from this interactive session with tools to help connect you and your partner and use your marriage as the ultimate parenting tool.

Ages 5-12

- 2E. All I Want is a Little Respect –** [Karen Jacobson](#), MA in Counseling Psychology, LMFT, LCPC and [Lauren Bondy](#), MSW, LCSW. Co-founders of Parenting Perspectives
Many parents find themselves demanding respect from their children and feeling they are falling short. Do you feel kids are more disrespectful today? Find out why true respect cannot be commanded and how respect begins with parents. In this fun and interactive workshop parents will learn the necessary ingredients for raising respectful children. Learn how to:
- Set clear limits that work
 - Interact with children in ways that foster respect
 - Effectively deal with disrespectful behavior
 - Raise children who are responsible and resilient

Ages 12 and up

- 2F. Preparing Your Child for Resiliency in High School-** [Bradley Anderson](#), MA, in Curriculum and Instruction, MA in Organizational Leadership **NEW**
Today's world places enormous demands on high school students, including educational, extracurricular, and social pursuits. To prepare students to thrive, parents need to help their children build resiliency. This workshop discusses the intricacies of the current high school environment and tools parents need to develop resiliency in their children before freshman year begins.
- 2G. Healthy Teen Relationships -** [Lauren Pagan](#), ICDVP, Coordinator of Domestic Violence Advocacy, Pillars & Ann Kostyk, Outreach Coordinator, Pillars **NEW**
Teen dating violence affects 1 in 4 high school students. With information from Pillars' Teen Dating Violence 101 presentation, parents will explore patterns of unhealthy relationships, warning signs, local resources, and tips for starting a difficult conversation. A survivor will also share a personal testimony. Questions and discussion at the conclusion.
- 2H. Protective Factors Against Substance Use Disorders –** [Matthew Quinn](#), Masters in Clinical Psychology, LCPC, CADC, Community Relations Coordinator at Rosecrance **NEW**
We all want our kids to make healthy decisions. Parenting choices that we make CAN influence them. For example, something as simple as eating dinner together can make kids much less likely to use substances. This workshop will present some evidence-based strategies that parents can use to help prevent teen experimentation with drugs and alcohol.

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

20th Annual



Presented by:



<http://www.parentcommunitynetwork.com>

<http://www.facebook.com/ParentCommunityNetwork>



Presented by:



Register
early –
sessions fill
quickly

Re-energize your batteries at Parent University!
Connect with parents, educators and community organizations
Featuring outstanding speakers and topics designed just for you
16 topics to choose from, 8 NEW speakers

Enter by
Main door/
circle drive/
flagpole

Schedule

8:00 am - 8:30 am Check-in
8:30 am - 9:45 am Keynote
9:55 am - 11:00 am Session 1
11:00 am - 11:25 am Resource Room
11:30 am - 12:35 am Session 2

then...

Stay for LGBA's Health & Wellness Fair
following Parent University!

Visit <http://www.parentcommunitynetwork.com>
to get involved or to donate!

PCN is a 501c3 organization.

\$20 Registration ends 2/1/17

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or by mail

\$25 at the door or if rec'd after 2/1

Childcare Reminders:

1. Must register early for childcare
2. \$7 per child
3. Bring a marked sack lunch for each child
4. Childcare provided by Grand Ave Preschool