

Parent University Registration Form - Saturday, February 4

To register online go to <http://www.parentcommunitynetwork.com>

To volunteer visit <http://signup.com/go/8BJHbM>

Register early - sessions fill quickly! Mark first & second choices for each session.

Please print clearly - one person per form.

____ First-time attendee ____ Educator

Name (first) _____ (last) _____

Address _____

City _____ St _____ Zip _____ Phone () _____

Email address _____ (Email will be added to PCN news updates)

☐ Please check here if you do not want your email added to our mailing list.

School(s) child(ren) attend _____ Age(s) of child(ren) ____ _



Presented by



KEYNOTE (8:30 am - 9:45 am)

X Zen Parenting: Practicing Mindfulness, Self-Awareness, and Empathy With Your Kids- Cathy Cassani Adams and Todd Adams -All ages

SESSION 1 (9:55 am - 11:00 am) Mark #1 and #2 choice

- 1A **Bringing Out Their Best** - Maureen O'Hara - All ages
- 1B **Resilience and the Value of Taking Healthy Risks** - Dr. Michael Maniaci - All ages
- 1C **Avoiding Ecophobia: Launching Curious, Confident, Nature-Loving Kids** - Katie Slivovsky - Ages 2-8
- 1D **Taking the Bite Out of Challenging Behaviors in Young Children** - Dr. Angela Searcy - Ages 2-8
- 1E **The 8 Biggest Parenting Traps** - Karen Jacobson and Lauren Bondy - Ages 5-12
- 1F **Keeping Grounded While Plugged In: Digital Media and Relationships for Middle Schoolers** - Dr. Julie Carbray - Ages 10 and up
- 1G **The Importance of Parents in the Prevention, Recognition, and Treatment of Depression and Anxiety in Their Adolescents** - Dr. Beth Plachetka - Ages 10 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 - Ages 12 and up

SESSION 2 (11:30 am - 12:35 pm) Mark #1 and #2 choice

- 2A **Holding the Line Without Losing Your Cool** - Maureen O'Hara - All ages
- 2B **Emotional Intelligence: Teaching Empathy and Compassion** - Dr. Michael Maniaci - All ages
- 2C **Improvisation and Available Parenting** - Karen Holbert - All ages
- 2D **Happy Marriage, Happy Kids: Stress in Parenting and Impact on Relationships** - Jessica Heimark - Early Childhood: Birth - Age 8
- 2E **All I Want is a Little Respect** - Karen Jacobsen and Lauren Bondy - Ages 5-12
- 2F **Preparing Your Child for Resiliency in High School** - Bradley Anderson - Ages 12 and up
- 2G **Healthy Teen Relationships** - Lauren Pagan and Ann Kostyk - Ages 12 and up
- 2H **Protective Factors Against Substance Use Disorders** - Matthew Quinn - Ages 12 and up

Go online to register

www.parentcommunitynetwork.com

VIEW full brochure with full session descriptions and speaker bios

or

Mail completed registration form with payment

(make checks payable to Parent University)

LTHS - South Campus

ATTN: Jeanne Widing

4900 S. Willow Springs Rd.

Western Springs, IL 60558

Any questions? Call Jeanne 708.579.6507 or email jwiding@lths.net or pcn4lt@yahoo.com

PARENT UNIVERSITY

\$20.00/ person pre-registered by 2/1 **OR**

\$25.00/ person at the door or if rec'd after 2/1

(includes sessions, snacks & beverage)....\$ _____

Optional additional donation \$ _____

Thanks! PCN is a 501c3 organization.

Child Care (Age 3-10) pre-registration required

\$7.00 / child.....\$ _____

TOTAL ENCLOSED\$ _____

Sorry refunds cannot be processed

Child Care provided by Grand Avenue Preschool

Children ages 3 to 10 (MUST be potty-trained)

Please bring marked sack lunch for each child.

Healthy morning snack & beverage provided.

Check-in your registered child at Parent Univ. table.

Name _____ sex ____ age ____

Name _____ sex ____ age ____

Name _____ sex ____ age ____

**Please indicate food allergies if applicable* *