

WORKSHOPS

1) **Healthy Living Made SIMPLE!**

Target Audience: Pre-K to High School

What if you had just one car to last your lifetime? How well would you take care of it? We only have one body. How well are you taking care of yours? Join us and learn how you can make that one body last a long time with healthy living including reducing stress and ways to bring mindfulness to your daily lives.

Presenter: Carol Rickard, LCSW

2) **Parenting Children with Challenging Behaviors**

Target Audience: Pre-K to Middle School

When your child is struggling with emotional, behavioral or learning obstacles and your parenting strategies aren't working, what can you do? We'll explore different approaches to managing challenging behaviors. This workshop is appropriate for parents of general and special education children in grades Pre K-8.

Presenters: Sue Nissenblatt, Paulette DiNardo and Dominique Talbot

3) **Beyond the ABCs and 123s: Strategies for Raising Resilient, Kind and Empathetic Kids!**

Target Audience: Pre-K to Grade 5

The skills needed for success go beyond academic ability and skill. Join us to learn about tangible strategies for fostering resiliency, kindness and empathy in elementary aged children, making them well-rounded and primed for success!

Presenters: Christopher Turnbull and Jay Billy

4) **Nurturing Your Child's Potential**

Target Audience: Middle to High School

Parents frequently have difficulty allowing their children to develop their natural talents and abilities when they don't match up with cultural and societal expectations. In this workshop, we'll explore the importance of nurturing your child's "natural" abilities in order to promote your child's success in life and foster a less stressful environment for the entire family.

Presenter: Alan Axelrod, LCSW

5) **A Student's Perspective**

Target Audience: Middle to High School

Our Hopewell Valley Central High School student panel will share their perspectives on academic, social and personal experiences. Topics covered will include drugs/alcohol, time management, mental health, teen sexual activity and after school activities.

Presenters: Hopewell Valley Central High School students

6) Trends in Adolescents

Target Audience: Middle to High School

Adolescents have been delighting, confusing, and frustrating adults for generations. This workshop will be led by a panel of professionals who will discuss current issues and trends they are seeing amongst adolescents. Attendees can expect the discussion to include social media, stress, anxiety, depression, electronic cigarettes, substance use, and ways in which parents can support the growth of their adolescent.

Presenters: Stephanie DeSouza, MSW; Deborah Dumont, LCSW; Cindy Iarussi, EdS, LMFT, SAC; Suneeta Sayyaparaju, MD

7) CLOSED Middle School and High School Years: Session with Dr. Matt Bellace Keynote

Target Audience: Middle to High School

This interactive workshop is a more in-depth discussion of techniques to support teens in reducing their stress. Attendees can expect to learn skills that will reduce their own stress and skills they can encourage their teen to use to reduce their stress. Dr. Bellace will answer questions parents may have following the keynote program. *Please note this workshop is limited to 15 registrants on a first come-first served basis. No walk-ins accepted.*

Presenter: Dr. Matt Bellace

8) Preparing Teens to Be Sexual Adults

Target Audience: High School

How do parents support their children in developing meaningful, intimate, healthy and gratifying sexual habits in early adulthood? In this moderated discussion, we'll talk about the cultural trends, complicating factors and provide how-tos for healthy sexual development for our teens.

Presenter: Jonathan Woods, LCSW

9) Random Drug Testing: What Is It?

Target Audience: High School

Despite the many proactive community programs and school-based activities, our community continues to struggle with drugs in our schools. Join Dr. Smith as he describes why implementing random drug testing is really about keeping students off of drugs. The workshop will provide a better understanding of the proposed random drug testing policy for students in grades 9-12.

Presenter: Dr. Thomas Smith