

Center for Parents and Teachers

Pre-register **now** for workshops by emailing: amartinez@colonial.net or calling 978-202-1143. Please visit our website: centerforparentsandteachers.org

"Helping Kids Thrive: Bullying Prevention" with Lisa Sjostrom, Author, Lecturer and Director of *Helping Kids Thrive*

Whether it takes the form of put-downs, social exclusion, or outright physical fighting, bullying interferes with a child's right to learn and grow in safety. With the advent of social networking technology, cyber-bullying has equally devastating effects.

Lisa Sjostrom, whose mission is to help bring out the best in all kids so they can reach their full potential, has been called a "5-star speaker." She brings more than 20 years of experience helping parents and teachers positively impact children's social and emotional development to overcome bullying. Thursday evening, **March 4**, 7-9PM at the Concord Middle School Peabody Forum, 1231 Old Marlboro Road, Concord, MA 01742. Go to Lisa's website to learn more: www.helpingkidsthive.org. No fee, **no registration** required.

Sponsored by the Concord Middle School PTG.

"How to Talk So Kids will Listen and Listen So Kids will Talk" with Cyndie White, M.S., Parent Educator

This perennial favorite is a five-part workshop that offers innovative ways to solve such common problems as: How to listen to and understand your child's concerns; how to have cooperation in your family without nagging; how to find alternatives to punishment; and how to help your child attain a positive self-image. Video clips are used as a jumping off point for discussion and to illustrate points. Presentation and discussion is overseen by a seasoned facilitator. This course fills up fast so register early! For parents of children through age 9.



Thursday evenings: **March 18, 25, April 1, 8, 15** from 7-8:30PM, Ripley Building, 120 Meriam Road, Concord, MA, Conference Room 1. Registration

required. Fee: \$110 (includes cost of workbook) Limited to 12. **Pre-register now!**

Funded in part by the Northwest Suburban Health Alliance/CHNA 15 DoN funds from Lahey Clinic.

"You Can't Make Me!" – for parents of 3-9 year olds - with Bill Gresser, M.A., Marriage and Family Therapist

This workshop will offer practical advice for dealing effectively with a variety of conflicts; and will help parents think about ways to diffuse problems before they turn into showdowns. 3

Wednesday evenings: **March 24, 31 and April 7** from 7:00 to 8:30 PM. Location: Ripley Building, Conf. Room 1. Fee: \$60-75 Sliding scale (Your full fee helps others attend.). **Pre-registration required.** Limited to 12. *Funded in part by the Northwest Suburban Health Alliance/CHNA 15 DoN funds from Lahey Clinic.*

Program in collaboration with First Connections:

"Raising Your Challenging Child" facilitated by Patricia Marquis, LicSW, Family Therapist and Parent Educator

This 8-week series is for parents who often feel challenged by their 2 - 5 year-old child who is bright, interested in many things and also often uncooperative, who may have a hard time with basic activities such as mealtime and dressing. With gaining an understanding of temperament and practical tools, parents will better know how to anticipate problems and make appropriate adaptations. Dates: Monday evenings: **March 29, Apr. 5, 12, 26, May 3, 10, 17, 24** from 7-8:30PM at Ripley Building, Conf. Room 1. Pre-registration required. **Contact First Connections directly: 978-287-0221.** Limited to 12 participants. No fee to attend. *Partially funded by the "Children's Trust Fund".*