

6th Annual

Parent University

Strategies and Resources for Raising Successful Children



Saturday, October 21, 2017

8 am - 12:30 pm

A series of workshops for parents, grandparents,
and caregivers.

We have something for everyone!

Plus: **Parent Resource Fair**

Online registration begins Aug. 7

www.cvadult.org

Sponsored



\$25 Register by Oct. 10

\$30 After Oct. 10

Childcare

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Ages 2-10 years No
diapers
\$5/child, \$10/family

Be sure to check the website for any recent updates!

KEY: A = All, EC = Early Childhood, E = Elementary School,
M/H = Middle & High School, SN = Special Needs

Session 1 :

Mindful Motivation: How to Motivate Your Child from the Inside Out (EC, E)
Rachel Sklar, MSW

Parenting and Communication with Adolescents (M/H)
Ronald Mah, MA, PhD, LMFT

(Talking to Kids About) The Big Questions (A)
Jill Gidlund, Parent Educator

Teaching Kids About Boundaries and Consent (A)
Anya Manes, Parent Educator and Coach

Growing Readers for the 21st Century, What Parents Need to Know (E)
Audrey Fong, Coordinator of Elementary Curriculum and Instruction, CVUSD

Self-Determination: Choosing the Best Services and Supports to Meet IPP Objectives (SN)
Staff

Managing Teen Stress (M/H)
Marian Meadow, LCSW, District Coordinator of Behavioral Health

Screen Time for Very Young Children (EC)
Lois Ingellis, MA Early Childhood

Helping Elementary Students Manage Social Media (E)
Stephen Altbaum, LMFT

Estandares Estatal Común de Matemáticas (K-5)
Betzy Baron, M.Ed.

Session 2 :

Supporting the Whole Child: Mindfulness Tools and Tips for Families with Young Children (EC, E)
Vineta Lee, LCSW, PPSC, CVUSD District Counselor

Mindful Motivation: How to Motivate Your Child From the Inside Out (EC, E)
Rachel Sklar, MSW

Natural Remedies to Reduce Allergic Inflammation
Susan Blanc, Nutrition and Herbal Therapist

The Family Calendar (A)
Jill Gidlund, Parent Educator

Helping Middle and High School Students Manage Social Media (M/H)
Stephen Altbaum, LMFT

Puberty, Sexuality, and Teen Health for our Children with Disabilities (SN)
Staff

Understanding and Dealing with Sibling Rivalry (A)
Ronald Mah, MA, PhD, LMFT

Growth Mindsets for Math Success (E)
Sharon Friedman, Teacher on Special Assignment, CVUSD

Preparing Your Child for the Online World (M/H)
Anya Manes, Parent Educator and Coach

Seguridad de Internet y iPhone para Padres de Jovenes (K-12)
Betzy Baron, M.Ed.

Session 3 :

Supporting the Whole Child: Mindfulness Tools and Tips for Families with Young Children (EC, E)
Vineta Lee, LCSW, PPSC, CVUSD District Counselor

Parenting Adventures in the Digital Realm: From Surviving to Thriving (EC, E)
Claudia LAmoreaux, Education Consultant

Restorative Justice: The What and Why (A)
Dr. Noel Amherd, Restorative Justice Facilitator, Trainer

Partnerships in Special Ed: A Conversation with Teachers, Program Specialists & Parents (SN)
Staff

Gender 101 (A)
Stephen Altbaum, LMFT

Student Digital Work Using Google Suite (M/H)
Peter Vallejo, Instructional Technology Teacher on Special Assignment, CVUSD

For Parents of Teen Girls: Boys, Bullies and Body Image (M/H)
Dr. Carol Langlois, Teen Self-Esteem Expert

Understanding and Interpreting SBAC Results (A)
Gerald Mullen, Coordinator, Assessment, Accountability, and Intervention

When Parenting is Stressful - Cool Ways to Chill Out (A)
Marie Lehn, RN