



FREE: Parenting Coffee and Conversation *Open to Everyone*

Join us for Coffee and Conversation with Parenting Experts. Learn what works and what doesn't, share ideas and ask questions about parenting topics we are all thinking about. Each session is one hour. And, there's coffee!

Woodland Hills Academy Parent Center

Free parking in the lot on that corner.

Contact: Kimberly Torres, Kimberly.torres@lausd.net, 213.327.9173

8:15 a.m., Tuesday, August 21, 2018

Topic: Use of Restorative Justice in School

Facilitator: Robert Goldstein

8:15 a.m., Wednesday, September 12, 2018

Topic: Getting Out of Your Teen's Way and Letting Them be An Individual

Facilitator: Ryan Rosen, Director, Camp Kinneret

8:15 a.m., Tuesday, October 16, 2018

Topic: Sex, Drugs and Alcohol: Keeping Communication Open

Facilitator: Elena Epstein, Editorial Director, L.A. Parent Magazine

8:15 a.m., Tuesday, November 13, 2018

Topic: Teens, Cell Phones, Screens and Homework: Focusing on Their Work

Facilitator: Ryan Rosen, Director, Camp Kinneret

8:15 a.m., Tuesday, December 11, 2018

Topic: Friendships: Is it Important to Meet Your Teens' Friends' Parents?

Helping Teens Navigate Friendships That are Not Good Influences

Facilitator: Ari Stark, VP of Operations, Destinations Teen Treatment

8:15 a.m., Tuesday, January 15, 2019

Topic: When Parents Have Differing Parenting Styles

Facilitator: Andrew Levander, LMFT, M.A.C., Destinations Teen Treatment

8:15 a.m., Tuesday, February 19, 2019

Topic: Technology Safety, Emotional IQ and Social Media;

"Sharing," "Liking" and "Following"

Facilitator: Kristen Roye, PsyD, Director of Treatment Services, Destinations Teen Treatment

8:15 a.m., Tuesday, March 19, 2019

Topic: Using Mindfulness to help with Emotional Regulation and Anxiety.

Facilitator: Cynthia Della Ripa, Clinical Liaison, Destinations Teen Treatment

8:15 a.m., Tuesday, April 23, 2019

Topic: Teaching Healthy Boundaries and Consent

Facilitator: Laura Hubbard, RN, Director of Nursing, Destinations Teen Treatment

8:15 a.m., Tuesday, May 14, 2019

Topic: Empathy: Helping Teens Care about Others

Facilitator: Allison Welsh, ACSW, Program Director, Destinations Teen Treatment