

JUNE WORKSHOPS...

Raising a Flexible and Resilient Kid

June 4th, 5:30-8:30pm

Facilitated by: Renee Koutras, MHC

Helping Your Disorganized Child Succeed

11th, 9:00am - 12:00pm

Facilitated by: Dr. Jacquie Flood

Social Media and Your Family

June 18th, 12:00 - 3:00pm

Facilitated by: Dr. Jacquie Flood

Organization 101 (for parents and kids)

June 25th, 9:00am - 12:00pm

Facilitated by: Dr. Jacquie Flood

JULY WORKSHOPS...

Discipline that Works

July 11th, 10:00-1:00pm

Facilitated by: Dr. Becky

Middle School Prep (for tweens)

July 16th, 9:00-12:00pm

Facilitated by: Dr. Jacquie Flood

Building Empathy in Kids

July 17th, 5:30-8:30pm

Facilitated by: Renee Koutras, MHC

High School Prep (for teens)

July 23rd, 9:00-12:00am

Facilitated by: Dr. Jacquie Flood

Taking Time for Yourself/Self Care (Teens and Adults)

July 25th, 3:00-6:00pm

Facilitated by: Celeste McKeever, LMHC

ADHD Tips, Tools and Practical Strategies

July 26th, 4:00-7:00pm

Facilitated by: Erica DuPont, LCSW

High School Prep (for Teens)

July 30th, 9:00-12:00pm

Facilitated by: Dr. Jacquie Flood

AUGUST WORKSHOPS...

IEP and School Advocacy Training for Parents; Start the school year right!

Aug 1st, 1:00-4:00pm

Facilitated by: Erica DuPont, LCSW

Teaching your Child Self-Regulation Strategies at Home

August 2nd, 3:30-6:30pm

Facilitated by: Renee Koutras, MHC

Meditations and Cultivating Compassion in Children (for children and/or parents)

August 4th, 2:00-5:00pm

Facilitated by: Celeste McKeever, LMHC

Parenting your Depressed or Anxious Teen

Date and time, TBD

Facilitated by: Lydia Abrams, LCSW