

WINTER PARENTING WORKSHOP SERIES

The Parenting Center of the School District of South Orange and Maplewood
525 Academy Street, Maplewood, NJ 07040 973-762-5600 x1850

Playground Politics

Lou Epstein, LCSW

Rejections and Other Hurts: Helping Kids in Hard Times

Our children have a myriad of interactions throughout their school day. All children, at one time or another, face interactions that may be confusing and even painful for them. Knowing when to step in and when to stand back can be a tough judgment call even for experienced parents and teachers. This workshop will provide a forum to focus on those times when children have to deal with exclusions, rejections or isolation. It will offer guidelines on how and when to act on a child's behalf, and who else to involve in the process.

Lou Epstein, LCSW, is in private practice in Maplewood and is the author of a number of parenting books, the most recent of which is *More Coaching-Fatherhood-Teaching Roles*. He has extensive experience working with children and families and leads frequent parenting workshops.

Thursday, Feb 25

7:30 to 9:00 pm at The Parenting Center

Fee: \$5

What to Do About Mean Girls

Alison Steiner, LCSW

Cliques. Power struggles. Peer pressure and Bullying

At times it seems that a culture of meanness pervades the lives of adolescent and pre-adolescent girls. This workshop will help parents and caregivers understand the social challenges that girls face on a daily basis and develop strategies to empower our daughters to make better choices and lead more productive social lives.

Alison Steiner, LCSW, is a social worker at South Orange Middle School and South Mountain Elementary School. She has extensive experience working with children, adolescents and families.

Tuesday, March 9

7:30 to 9:00 pm at The Parenting Center

Fee: \$5

The ABCs of IEPs and the 123s of 504s

Dr. Patricia Barker, Director, Department of Special Services

Ella Rideau, Supervisor of Special Services

Jessica de Koninck, In-House Legal Counsel

An Individual Education Plan (IEP) and a 504 are two types of written plans that must be developed and implemented by public schools in order to support students with disabilities or special needs. This workshop will review the fundamentals of creating IEPs and 504s. Parents will be given an overview of which students might be eligible for each plan, how each process works, and how they differ from one another.

This workshop will be run by Dr. Patricia Barker, Director of SOMSD's Department of Special Services; Ella Rideau, Supervisor of Special Services; and Jessica de Koninck, SOMSD's In-House Legal Counsel.

Tuesday, March 16

7:30 to 9:00 pm at The Parenting Center

Fee: \$5

Getting Anxiety Under Control

Dan Gallagher, Ph.D.

All of us experience anxiety to some degree. But the distress associated with frequent or severe anxiety negatively affects our performance, attention, mood, health, and self-esteem—as well as that of the people around us. This workshop will explore specific approaches to fostering calm, focused children and adults who are able to keep anxiety under control, optimizing their chances for success and happiness.

Daniel H. Gallagher, Ph.D., is a licensed psychologist with a private practice in Maplewood for the last 22 years. He has extensive experience working with children, adolescents, parents, and couples, and provides frequent on-site consultations and workshop training to teachers and other school personnel.

Thursday, March 25

7:30 to 9:00 pm at The Parenting Center

Fee: \$5



Application Form

The Parenting Center • 525 Academy Street, 2nd Floor • Maplewood, NJ 07040 • 973- 762-5600
x1850

Name: _____

Address: _____

Tel: _____

Workshop(s): _____

Work Tel: _____

Child's school: _____

Cell: _____

E-mail: _____

Please make check payable to The Parenting Center. Enrollment is limited to 20 people per workshop. If the workshop you apply for is filled, your application and fee will be returned. Applications can be dropped off at The Parenting Center or in the social work intern's mail box at your child's elementary school.