



Parent University Workshop Descriptions 2018

“Preparing your child for a positive social and emotional transition from high school to college”

Lindsay Shrayner, Assistant Director of Counseling Center, Endicott University

After graduating, young adults are faced with huge decisions that may impact their lives for years to come. Let's discuss how we talk to young people about these choices, and how we can best support them in the years following high school.

“Engaging families in Social and Emotional Learning to support students”

Jen Dirga, Director of Social Emotional Learning, Project Adventure

We know Social and Emotional Learning within schools is most effective when families and communities are involved in reinforcing these skills outside of school and at home. So, what is SEL and what does that look like in and out of school? This workshop will define Social and Emotional Learning along with the benefits of developing these skills for life success. Parents and caregivers will learn activities and strategies to support the development of healthy social-emotional skills at home.

“Creating and safe and supportive environment for LGBT youth”

Steve Harrington, Executive Director of the North Shore Alliance of Gay and Lesbian Youth (nAGLY) and Danny Lamack, Health Education and Risk Reduction Team Coordinator at nAGLY

With the way that people define themselves changing, it's easy to feel that you are on unsure footing as a parent. Let's discuss the meaning of some of the terms you have heard and how to have conversations with your child about topics of gender and identity.

Vaping: What parents need to know

Diane Knight, Director, Northeast Tobacco Free Community Partnership

With “Juuling” recently declared an epidemic by the FDA, parents need to know the facts, what to look for, and be actively talking to our children about nicotine delivery devices. This workshop will provide you with the info you need to have successful conversations with your family.

Just Talk About It: Anxiety and School Performance

Jon Mattelman, Minding Your Mind

“Just Talk About It” is a program to educate youth and supporting adults to recognize the warning signs of anxiety, depression, stress, and crisis that impact 1 in 5 teens. Listen to personal stories of struggles with mental health, and learn positive coping skills and how to support those who are struggling...and together, move beyond the stigma.

Opioid Addiction and Youth! How to keep your teens safe

Dutrochet Djoko, PharmD., Med., Msc. Rph, Pharmacist CVS Health

In this workshop, we will discuss the danger of abusing prescription drugs, simple steps to safeguard your home and keep drugs out of your teenagers’ hands, how to start the conversation, how to breakthrough the stigma of addiction, and how to help your kids say no to drugs. Children who learn about the risks of drugs from their parents are up to 50% less likely to use drugs than those who do not get this information at home.

College Applications: How it All Works

Sean Emberley, Danvers High School Assistant Principal

In this session, parents will learn the process of completing, and submitting:

College Application

SAT / ACT Scores

Letters of recommendation

Admission deadlines

Participants will use online platforms students, teachers, guidance counselors and admissions representatives utilize throughout the application process. A question and answer segment will conclude the session.

Teaching Mindfulness in Elementary School Classrooms

Michele Gross, LICSW and Kimberly Silva, LMHC

Learning and practicing mindfulness techniques have many benefits in the classroom, including increased attention, better emotional regulation and deeper compassion. In this interactive session, you will learn about the benefits of mindfulness, how it is implemented in schools, and also how principles of mindfulness can be useful at home.

Adolescent Holistic Mental Wellness

Lea Forster, LHMC, Lahey Health Behavioral Services

During adolescence, high-schoolers learn coping skills, healthy habits, social skills and stress management practices that last a lifetime. Lea and Stephanie will share a guide for parents to promoting wellness and recognizing when more help is needed.

Inside the Digital World of Teens

Presenter To Be Determined

This workshop is designed to help caregivers gain insight into the online world of teens. The workshop will include information about how social media is impacting teens both socially and emotionally. Caregivers will learn how to help their child navigate the complicated digital world in a safe and healthy way.