

OREGON PARENTING EDUCATORS CONFERENCE

May 16, 2016 • CH2M Hill Alumni & LaSells Stewart Centers • Oregon State University • Corvallis, OR

Thank you for participating in the third annual Oregon Parenting Educators Conference. We are pleased to offer a wide variety of quality workshops intended to not only provide information, but practical application strategies that can be implemented in your community.

In an effort to help you make informed choices that best fit your needs and interests, we have categorized the workshops in **at-a-glance charts** by the [Parenting Education Core Knowledge Areas](#), Additional Focus Areas (noted with the icons below), and the corresponding Core Knowledge Category for the [Oregon Registry](#).

ADDITIONAL FOCUS AREAS



Home Visitors



Early Childhood Care and Education



Serving Cultural or Ethnic Minority Parents



Working with pregnant or parenting teens

PARENTING EDUCATION CORE KNOWLEDGE AREAS

Core Area 1: Human Growth and Development

Core Area 2: Parent, Child, Family, & Community Relationships

Core Area 3: Parenting Education Professional Practice

In addition, each **workshop description** includes one of three designations selected by the trainer indicating the learning experience participants can expect:

INTRODUCTORY/ AWARENESS

Entry level training or presenting information for public awareness

INTERMEDIATE

Training that requires application of existing professional knowledge and experience to enhance skills

ADVANCED

In depth exploration on a topic and/or specialized training for highly skilled professionals



English to Spanish simultaneous interpretation service is available for select workshops which is indicated by this icon in the workshop description.

ONLINE REGISTRATION is available beginning March 14 at <http://bit.ly/2016PEConference>

If you have registration questions contact OSU Conference Services, conferences@oregonstate.edu or call 541.737.9300
For all other inquiries please contact Kim Deck, kim.deck@oregonstate.edu or call 541.580.2690

Conference updates and information are available at health.oregonstate.edu/opew

OREGON PARENTING EDUCATORS CONFERENCE SCHEDULE

May 16, 2016 • CH2M Hill Alumni & LaSells Stewart Centers • Oregon State University

8:15 to 9:00 am	REGISTRATION (LaSells Stewart Center)
9:00 to 9:15 am	OPENING AND WELCOME (Austin Auditorium, LaSells Stewart Center)
9:15 to 10:15 am	KEYNOTE PRESENTATION, ELLEN GALINSKY (Austin Auditorium, LaSells Stewart Center)
10:15 to 10:30 am	MORNING BREAK
10:30 to Noon	<p>SESSION 1 WORKSHOPS (CHOOSE 1)</p> <ul style="list-style-type: none"> • Attachment and Bonding Activity Bootcamp • Best Practices in Parenting Education – Fidelity Can Make Your Program More Effective • Beyond the Lecture: Applying the Principles of Adult Learning to Parenting Groups • Building a Community of Practice • Children Exposed to Intimate Partner Violence (IPV): Helping Parents Break the Cycle of Violence through Promoting Resiliency • Designing and Implementing PBIS Family Nights: A How To • Executive Function and the Promotion of Social-Emotional Competence • Oregon’s Health & Early Learning System Transformation: Where We Are Now • The Art of Balance: Minimizing Stress and Burnout • Unraveling The Mysterious Adolescent Mind (That Happens To Belong To A Teen Parent)
Noon to 12:45 pm	LUNCH AND BOOK SIGNING (CH2M Hill Alumni Center)
12:45 to 2:15 pm	<p>SESSION 2 WORKSHOPS (CHOOSE 1)</p> <ul style="list-style-type: none"> • Effective Group Facilitation Skills: How to Make Group Presentations Informative, Engaging and Fun • Infant Mental Health Endorsement in Oregon: What Is It and Where Do I Fit In? • Introduction to Brain Science and Vroom • Parenting Educator's Video Showcase • Parenting Styles and Strategies for Socially and Emotionally Healthy Children, birth to age five • Positive Interactions In Spite of our Biases and Temperaments** 3 hour training • Reunifying and Supporting Families Involved in the Criminal Justice System • The Work Works on You: Strategies for Building Greater Resilience and Effectiveness with Families • What Language Should We Speak at Home? Working With Parents of Second-Language Learners
2:15 to 2:30 pm	AFTERNOON BREAK
2:30 to 4:00 pm	<p>SESSION 3 WORKSHOPS (CHOOSE 1)</p> <ul style="list-style-type: none"> • Bonding From Within: Promoting Secure Parent-Child Attachment during Incarceration • Creating a Parenting Education Professional Development System in Oregon • Emotion Coaching to Support Children’s Social/Emotional Development • Ethical and Professional Practices • Exploring Parenting Strategies Promoting Healthy Social Emotional Development Using Vroom • Growing Kind Kids: Mindful Parenting from Peaceful Cultures • Making Sense of Screen Time • [Positive Interactions In Spite of our Biases and Temperaments** 3 hour training continued] • The Power of Parenting Groups • THE TEACHER'S WAY: Introduction on Self-care and How Stress Effects Personal and Professional Development
4:00 pm	HAVE A SAFE JOURNEY HOME!

2016 OREGON PARENTING EDUCATORS CONFERENCE WORKSHOP LIST





In an effort to help you make informed choices about the workshops that best fit your needs and interests, we have categorized them in several ways. The first is by identifying which [Parenting Education Core Knowledge Area](#) the workshop aligns with. We have also notated (with icons) additional focus areas that reflect workshops with information on specific populations or parenting educator roles. Finally, if you enter continuing education credits in [Oregon Registry Online](#), the last column indicates the specific Core Knowledge Category that matches with the workshop.

Parenting Education Core Knowledge Areas:

Core Area 1: Human Growth & Development

Core Area 2: Parent, Child, Family, and Community Relationships

Core Area 3: Parenting Education and Professional Practice

WORKSHOP SESSION 1									
Alphabetical by Session	Parenting Education Core Knowledge Areas			Additional Focus Areas				Oregon Registry	
	Core Area 1	Core Area 2	Core Area 3	Cultural or Ethnic Minority Parents 	Early Childhood Care & Education 	Home Visitors 	Pregnant or Parenting Teens 	Core Knowledge Category	
WORKSHOP SESSION 1	Attachment and Bonding Activity Bootcamp	✓	✓		✓	✓	✓	✓	HGD
	Best Practices in Parenting Education – Fidelity Can Make Your Program More Effective			✓					FCS
	Beyond the Lecture: Applying the Principles of Adult Learning to Parenting Groups			✓					PPLD
	Building a Community of Practice			✓			✓		PPLD
	Children Exposed to Intimate Partner Violence (IPV): Helping Parents Break the Cycle of Violence through Promoting Resiliency		✓			✓	✓	✓	HSN
	Designing and Implementing PBIS Family Nights: A How To			✓	✓	✓			UGB
	Executive Function and the Promotion of Social-Emotional Competence	✓				✓	✓		HGD
	Oregon’s Health & Early Learning System Transformation: Where We Are Now		✓						PPLD
	The Art of Balance: Minimizing Stress and Burnout			✓					PPLD
	Unraveling The Mysterious Adolescent Mind (That Happens To Belong To A Teen Parent)		✓	✓				✓	FCS





2016 OREGON PARENTING EDUCATORS CONFERENCE WORKSHOP LIST

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Core Area 1: Human Growth & Development

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Core Area 3: Parenting Education and Professional Practice

WORKSHOP SESSION 2								
Alphabetical by Session	Parenting Education Core Knowledge Areas			Additional Focus Areas				Oregon Registry
	Core Area 1	Core Area 2	Core Area 3	Cultural or Ethnic Minority Parents 	Early Childhood Care & Education 	Home Visitors 	Pregnant or Parenting Teens 	Core Knowledge Category
WORKSHOP SESSION 2	Effective Group Facilitation Skills: How to Make Group Presentations Informative, Engaging and Fun		✓		✓			PM
	Infant Mental Health Endorsement in Oregon: What Is It and Where Do I Fit In?	✓		✓		✓		PPLD
	Introduction to Brain Science and Vroom	✓				✓		HGD
	Parenting Educator's Video Showcase			✓				FCS
	Parenting Styles and Strategies for Socially and Emotionally Healthy Children, birth to age five		✓			✓	✓	HGD
	Positive Interactions In Spite of our Biases and Temperaments This is a 3 hour workshop scheduled during Sessions 2 and 3		✓	✓	✓	✓	✓	DIV SET 2
	Reunifying and Supporting Families Involved in the Criminal Justice System		✓		✓	✓	✓	FCS
	The Work Works on You: Strategies for Building Greater Resilience and Effectiveness with Families	✓		✓			✓	FCS
	What Language Should We speak at Home? Working With Parents of Second-Language Learners	✓	✓		✓	✓	✓	FCS





2016 OREGON PARENTING EDUCATORS CONFERENCE WORKSHOP LIST

Parenting Education Core Knowledge Areas:

Core Area 1: Human Growth & Development

Core Area 2: Parent, Child, Family, and Community Relationships

Core Area 3: Parenting Education and Professional Practice

WORKSHOP SESSION 3								
Alphabetical by Session	Parenting Education Core Knowledge Areas			Additional Focus Areas				Oregon Registry
	Core Area 1	Core Area 2	Core Area 3	Cultural or Ethnic Minority Parents 	Early Childhood Care & Education 	Home Visitors 	Pregnant or Parenting Teens 	Core Knowledge Category
WORKSHOP SESSION 3	Bonding From Within: Promoting Secure Parent-Child Attachment during Incarceration		✓		✓	✓	✓	FCS
	Creating a Parenting Education Professional Development System in Oregon			✓				PPLD
	Emotion Coaching to Support Children’s Social/Emotional Development	✓	✓			✓	✓	UGB
	Ethical and Professional Practices			✓			✓	PPLD
	Exploring Parenting Strategies Promoting Healthy Social Emotional Development Using Vroom	✓	✓			✓	✓	HGD
	Growing Kind Kids: Mindful Parenting from Peaceful Cultures	✓			✓	✓		FCS
	Making Sense of Screen Time	✓				✓		HSN
	Positive Interactions In Spite of our Biases and Temperaments This is a 3 hour workshop scheduled during Sessions 2 and 3		✓	✓	✓	✓	✓	DIV SET 2
	The Power of Parenting Groups		✓	✓				FCS
	THE TEACHER'S WAY: Introduction on Self-care and How Stress Effects Personal and Professional Development	✓		✓				PPLD

2016 OREGON PARENTING EDUCATORS CONFERENCE WORKSHOP DESCRIPTIONS

Session 1 Workshops (10:30 am to 12:00) Conference participants can select 1 workshop for this session.

- **Attachment and Bonding Activity Bootcamp**

INTRODUCTORY/
AWARENESS

Make a marble shaker, shake your body, create books and touch textures, cut, paste and collage, play charades! Take a chance on this fun filled, creative, activity “bootcamp”, where participants will rotate through different stations designed to allow for a hands on experience of attachment and bonding.

Warning: this workshop may also have some laughter and stress relieving side-effects!

Presented by: Jennifer Moss, MA, MFT National Trainer/Consultant Nurturing Parenting Programs

- **Best Practices in Parenting Education – Fidelity Can Make Your Program More Effective**

INTERMEDIATE

Certain best practices make parenting education programs more effective, by increasing participants’ retention, engagement, and learning of new parenting skills. After an overview of research on best practices in parenting education programs, participants will break into small groups to discuss practices they currently use and those that are challenging, sharing “what works” when implementing best practices with fidelity.

Presented by: Lauren Maxim, Senior Research Associate for RMC Research Corporation

- **Beyond the Lecture: Applying the Principles of Adult Learning to Parenting Groups**

INTERMEDIATE

If they just had more information, parents could be so much more effective! We think to ourselves. Yet, despite how many times we tell parents what to do, their behavior does not change! Why is that? Review the principles of adult learning theory and share your most effective group activities and facilitation strategies.

Presented by: Pamela Evanston, Training Manager at Parenting Now!

- **Building a Community of Practice**

INTERMEDIATE

Have you ever had a challenge in your work? Who hasn’t! Do you wish you knew how others overcame those challenges? Anyone in the parent education field can benefit from a Community of Practice (CoP), a place where members can share their challenges, stories, and tools. We will share how we built our CoP and provide you with hands-on experience.

Presented by: DawnDee Walraven, Healthy Families Program Supervisor at LifeWorks NW and Beth Dasher, Healthy Families Program Manager at Community Action

- **Children Exposed to Intimate Partner Violence (IPV): Helping Parents Break the Cycle of Violence through Promoting Resiliency**

INTRODUCTORY/
AWARENESS

Exposure to IPV is socially, emotionally, and cognitively traumatizing to children. This workshop is for parent educators and others who work with children and parents and explains the effects of exposure to IPV, outcomes of exposure, and emerging concepts for helping parents promote resiliency to lessen the impact of exposure to IPV and prevent negative outcomes in later life.

Presented by: Taylor Rosenthal, Prevention Outreach Coordinator and Courtney Gallant, Health Development Coordinator for HAVEN from Domestic and Sexual Violence

See next page for more workshops in Session 1 ➡

Session 1 Workshops (10:30 am to 12:00) Conference participants can select 1 workshop for this session.

- **Designing and Implementing PBIS Family Nights: A How To**



INTERMEDIATE

This session provides a deep dive into the design and implementation of informative and engaging Positive Behavior Intervention Support (PBIS) family nights. Participants will engage in meaningful exploration of designing an educational event through program description, material sharing, and discussion of relevant outcome data. Participants will leave with an understanding of how to organize and implement events with accessible materials for all learning styles.

Presented by: Renee Van Norman, Director of the Pearl Buck Center Preschool

- **Executive Function and the Promotion of Social-Emotional Competence**

INTRODUCTORY/
AWARENESS

In this session we will provide professionals with activities and strategies that support components of Executive Function (EF) that relate to Social and Emotional development for children, birth to three, with diverse abilities. Participants will learn how to integrate key components of EF into everyday routines and activities.

Presented by: Serra Acar PhD, Project Specialist and Patricia M. Blasco PhD, Project Director at The Research Institute, Western Oregon University and Mandy Stanley, Education Specialist for EI/ECSE at Oregon Department of Education

- **Oregon's Health & Early Learning System Transformation: Where We Are Now**

INTRODUCTORY/
AWARENESS

With many recent changes to Oregon's early learning and health systems, providers from multiple sectors are working together to meet the needs of children and families. Learn how the Oregon Health Authority and the Early Learning Division are collaborating to create a coordinated early childhood system in our state and what it means for early learning providers, kids, and families.

Presented by: Liz Stuart, Child Systems Collaboration Coordinator at Oregon Health Authority, Public Health Division Maternal & Child Health and Tab Dansby, Early Learning Hub Facilitator for the Early Learning Division/Oregon Department of Education

- **The Art of Balance: Minimizing Stress and Burnout**



INTRODUCTORY/
AWARENESS

Participants in this training will complete a self-assessment using the Balance Assessment tool to identify where things are in or out of balance in their lives and discuss the signs and symptoms of stress and burnout. An overview of the spherical reality model will be provided, along with guidance for how to create greater balance and avoid abort cycles in personal and professional practices. A meaningful hands-on activity will afford participants an opportunity to practice using the model and set intentions for moving forward with greater purpose.

Presented by: Aoife Magee PhD, Master Trainer for Parenting Now!

- **Unraveling The Mysterious Adolescent Mind (That Happens To Belong To A Teen Parent)**

INTERMEDIATE

Working with adolescent parents can be very challenging. Approaches that work with other parents often just don't work. During this session we will discuss what is happening in the adolescent brain that affects a teen's ability to receive information the way adults do. If you can apply a few minor tweaks to your instruction you might just make new connections.

Presented by: Crystal Persi, Special Populations Quality Improvement Coordinator & Teen Parenting Consultant for the Early Learning Division/Oregon Department of Education

Session 2 Workshops (12:45 to 2:15 pm) Conference participants can select 1 workshop for this session.

- **Effective Group Facilitation Skills: How to Make Group Presentations Informative, Engaging and Fun**

INTRODUCTORY/
AWARENESS

Want to avoid the pitfalls of lecture-style presentations? Need fresh ideas on how to get participants more engaged? This workshop will provide an opportunity to learn and practice new facilitation skills, share your favorites and learn what other facilitators effectively use in their groups. You will leave with teaching strategies that are easy, quick and very engaging. Join me for a hands-on, productive workshop.

Presented by: Leone Bannister MS, Faculty at Linn Benton Community College

- **Infant Mental Health Endorsement in Oregon: What Is It and Where Do I Fit In?**

INTERMEDIATE

What happens in the first few years of life is critically important in influencing how children develop for the rest of their lives. In this session we will learn about what is meant by the term “Infant Mental Health”, explore the new Infant Mental Health Endorsement in Oregon, and learn where different fields of practice fit into the Endorsement system.

Presented by: Paige Light, Endorsement Coordinator for the Oregon Infant Mental Health Association

- **Introduction to Brain Science and Vroom**

INTRODUCTORY/
AWARENESS

We will begin with an overview of relationships and secure attachment in nurturing healthy brain development and strong learning capacity. Information and details on Vroom’s free phone app and features will be shared. Participants will learn ways Vroom can be used as a tool to promote simple, fun and rewarding parent-child interaction.

Presented by: Sherri Alderman, Developmental Behavioral Pediatrician & Child Development Coordinator for the Oregon Health Authority and Ari Wubbold, Vroom Coordinator & Public Affairs Specialist at the Early Learning Division/Oregon Department of Education

- **Parenting Educator's Video Showcase**

INTERMEDIATE

Looking for new ways to effectively engage parents and keep them coming to group? Short video clips can breathe life into even the most resistant or quiet group! Watch clips from educational videos and popular media, identify prompt questions, and experience how it feels to participate in this fun and engaging group experience.

Presented by: Leslie Finlay, Trainer at Parenting Now!

- **Parenting Styles and Strategies for Socially and Emotionally Healthy Children, birth to age five**



INTERMEDIATE

Participants will examine the four parenting styles, impact of family climate on early development, and explore positive parenting strategies that promote socially and emotionally healthy children in the first five years.

Presented by: Aoife Magee PhD, Master Trainer for Parenting Now!

Session 2 Workshops (12:45 to 2:15 pm) Conference participants can select 1 workshop for this session.

- ***Positive Interactions In Spite of our Biases and Temperaments***

INTERMEDIATE

As humans we are all biased in one way or another. What we do with those biases can greatly affect adult-child interactions. During this 3 hour session you will explore your personal biases and temperament traits to discover how they alter your ability to meet the diverse needs of children.

****This is a 3 hour workshop scheduled during Sessions 2 and 3; Oregon Registry approved; Set 2 training**

Presented by: Crystal Persi, Special Populations Quality Improvement Coordinator & Teen Parenting Consultant for the Early Learning Division/Oregon Department of Education

- ***Reunifying and Supporting Families Involved in the Criminal Justice System***

INTRODUCTORY/
AWARENESS

Children of incarcerated parents have long been an invisible and under-served population. Parental involvement in the criminal justice system increases the risk of these children living in poverty, doing poorly in school, entering the child welfare system, and experiencing poor health outcomes. Presenters will share the latest research as well as personal stories about the impact of parental incarceration on families and then offer best practice recommendations for supporting families during and after incarceration.

Presented by: Alison Dunfee, Director at the Center for Family Success, Pathfinders of Oregon

- ***The Work Works on You: Strategies for Building Greater Resilience and Effectiveness with Families***

INTERMEDIATE

Explore research based strategies that build resilience and enhance your therapeutic relationship with parents. Regularly witnessing crises and trauma, while juggling increased work expectations, can cause us to take the focus off our most important asset - OURSELVES! Since relationships with parents are the most powerful vehicle for change it is critical that we focus, not just on building protective factors for families, but also increasing and sustaining our own.

Presented by: Satya Kline of Satya Kline Consulting

- ***What Language Should We Speak at Home? Working With Parents of Second-Language Learners***



INTERMEDIATE

Do the parents you work with ever wonder “What language should we speak at home?” To answer that question we will explore the why and how of second language acquisition with lecture, group discussions and videos. We will model and practice the use of wordless children’s books to promote positive communication and parent-child interactions. For anyone working with parents of young children.

Presented by: Rachel Altmann, Early Literacy Outreach Specialist and Joanne McNamara, Parent Education Outreach Specialist for the Multnomah County Library

Session 3 Workshops (2:30 to 4:00 pm) Conference participants can select 1 workshop for this session.

- ***Bonding From Within: Promoting Secure Parent-Child Attachment during Incarceration***

INTRODUCTORY/
AWARENESS

At Oregon's only women's prison, inmate mothers and their children, ages birth to five, learn together by participating in a unique Early Head Start program designed to strengthen and preserve the parent-child bond of attachment during incarceration. Early Head Start parent educators, including a former inmate mom, will offer workshop participants an inspiring look at how parent coaching and hands-on techniques that support play and daily routines result in positive and lasting effects on child and family life.

Presented by: Carmen Slothower, Teacher & Anne Lenzi, Family Advocate for the Community Action Head Start at Coffee Creek Correctional Facility, and Sabrina Ersland, Early Head Start Home Visitor for the Albina Head Start

- ***Creating a Parenting Education Professional Development System in Oregon***

INTRODUCTORY/
AWARENESS

Learn about the progress to date on the cultivation of a professional development system to meet the diverse needs of Parenting Educators in Oregon. This session will include updates on the adoption of core knowledge areas, creation of a recognition system to encourage quality in practice, formation of a professional association for networking and advocacy, and development of online training modules.

Presented by: Kim Deck, Coordinator for the Oregon Parenting Education Professional Development System at Oregon State University

- ***Emotion Coaching to Support Children's Social/Emotional Development***



INTRODUCTORY/
AWARENESS

How do our thoughts and reactions to emotions influence how we parent? How can different parenting styles influence children's social and emotional development? In this session, participants will learn about the effects the four parenting styles have on children's social competence. Participants will focus on the simple steps of "Emotion Coaching" to help parents support their children to build empathy for others, become problem solvers, and relate well to others. Home Visitors, Parent Educators and all practitioners working with children and families will benefit.

Presented by: Jamie Rodrick, Faculty in the Early Education and Family Studies Department at Portland Community College

- ***Ethical and Professional Practices***

INTERMEDIATE

Working with families, communities and partners requires navigating relationships in many different contexts. Often these contexts and relationships can result in ethical dilemmas or professional situations that can be challenging! In this session we will explore the principles of ethical conduct and strategies for creating caring and professional relationships that are grounded in ethical practices.

Presented by: Tammy Marino, Executive Director of Ask Phoenix Solutions

- ***Exploring Parenting Strategies Promoting Healthy Social Emotional Development Using Vroom***

ADVANCED

Participants will explore the significance of secure attachment in healthy social emotional development and specific parenting strategies that exercise sensitive, supportive and mindful parenting. Participants will use Vroom to illustrate and apply the parenting framework model to everyday activities. Video, lecture, reflection, large group discussion, small group activity and Q&A will be used in the training.

Presented by: Sherri Alderman, Developmental Behavioral Pediatrician & Child Development Coordinator for the Oregon Health Authority

Session 3 Workshops (2:30 to 4:00 pm) Conference participants can select 1 workshop for this session.

- ***Growing Kind Kids: Mindful Parenting from Peaceful Cultures***



INTRODUCTORY/
AWARENESS

A Child Psychologist has traveled to sixty countries over the past forty years to bring home the world's most effective parenting techniques. Studying techniques used during preconception, pregnancy, birth and toddlerhood, Dr. Peterson has found that parents in the world's most peaceful cultures--particularly the Tibetan, Bhutanese and Balinese--embrace techniques that help their children become more joyful, competent, and compassionate. These parenting practices are made relevant and easily implemented by modern parents in all cultures.

Presented by: Charlotte Peterson PhD, Psychologist

- ***Making Sense of Screen Time***

INTRODUCTORY/
AWARENESS

Does your program use "screens" to teach or entertain children? Why or why not? This workshop will examine the use of technology, from television to tablets, in early childhood programs. How do screens help or hinder learning? What is the impact of screen use on development? Gather information to make informed decisions to guide screen time in your program.

Presented by: Lauren Peterson, Early Childhood Project Specialist and Candace Scott, 21st Century Community Learning Program Director for The Research Institute at Western Oregon University

- ***Positive Interactions In Spite of our Biases and Temperaments (continued from Session 2)***

INTERMEDIATE

As humans we are all biased in one way or another. What we do with those biases can greatly affect adult-child interactions. During this 3 hour session you will explore your personal biases and temperament traits to discover how they alter your ability to meet the diverse needs of children.

****This is a 3 hour workshop scheduled during Sessions 2 and 3; Oregon Registry approved; Set 2 training**

Presented by: Crystal Persi, Special Populations Quality Improvement Coordinator & Teen Parenting Consultant for the Early Learning Division/Oregon Department of Education

- ***The Power of Parenting Groups***

INTRODUCTORY/
AWARENESS

This dynamic, interactive workshop will focus on the power groups bring to parenting education. Participants will experience practical activities they can use in the parenting groups they facilitate, and understand the critical components of successful groups.

Presented by: Coleen Alexander, Parenting Educator at Parenting Now!

- ***THE TEACHER'S WAY: Introduction on Self-care and How Stress Effects Personal and Professional Development***

INTRODUCTORY/
AWARENESS

Take some time to take care of yourself! Others will benefit from it too! You will work on important self-care themes while using the expressive arts tools: drawing, poetry, music-making, role-play and reflection with others. Develop strategies that minimize the effects of stress and burnout and learn how the expressive arts can revitalize your life.

Presented by: Lanie Bergin M.Ed., Bergin Learning Arts, LLC School of Expressive Arts