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Parent Education Consortium of the North Shore (PEC)

2009-2010 Calendar, March 2010 Edition

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The Parent Education Consortium of the North Shore (PEC) is a centralized source of information on parent resources and programs that promote stronger schools, family and community life. PEC is comprised of representatives from the community and parent/teacher organizations who offer programming on parenting topics through joint planning and shared resources. The Calendar of educational programs for parents and educators is compiled from submissions provided by the sponsoring organizations.

NOTE: All programs are free unless indicated by a "\$;" programs requiring registration or reservations are indicated by "RSVP." Fundraisers are indicated with a green "F," and are clustered at the end of the Calendar, after a page break. New entries to the Calendar are indicated with the category in RED, prefaced with the word "New!"

ACTIVE PARENTING SESSIONS

Ongoing (3/3; 3/10), Active Parenting for Tweens and Teens, 7:00-9:00 PM, Field Middle School, Commons Room, District #31 Administration, 3131 Techny Rd., Northbrook, 60062 (RSVP; \$). Sponsored by **Northbrook Citizens for Drug & Alcohol Awareness (NCDAA)**. Interactive learning experience consisting of lectures, handouts, text readings and video presentations. Opportunity for parents to share their own personal experiences so that they can receive feedback and support from other members of the class. Helps parents 1) Understand teen developmental changes both in their bodies and minds as shown through their behaviors; 2) Communicate effectively with their children; 3) Discipline while teaching responsibility; 4) Learn encouragement skills to help their children choose better behaviors; 5) Learn to identify their children's goals so that they can redirect their behavior; 5) Explore and encourage non-violent conflict resolution both in and out of their homes. Facilitator: **Bob Leece**, Buffalo Grove HS Outreach Counselor, NCDAA Parent University keynote and workshop speaker, November, 2009. 37 years in education in HS District #214 as an outreach counselor, Student Assistance Coordinator, Special Education Coordinator, and workshop facilitator. Download registration form at www.ncdaa.org. \$50/person for 6 sessions, includes an "Active parenting" book. Pre-registration required. For more information, call 847-272-7870 or ncdaainfo@ncdaa.org.

SPECIAL NEEDS INFO SESSIONS

Ongoing (3/15; 4/12; 5/10), Monday Morning Series, 9:30-11:00 AM, NSSED Offices, Rubloff Building Training Room, 776 Red Oak Lane, Highland Park, 60035 (RSVP). **NSSED/APS Parent Mentor Program** in collaboration with **TotalLink2 Community Cooperative** and the **PELS** parent group presents the "Monday Morning Series." As parents of children with special needs we often think about what life will be like when school ends. We also wonder about what services might be available to our children/families and how to make community connections to support our family during the school years. The information about these topics is sometimes hard to discover on our own, and often not available at all. This series is intended to educate families, answer questions, and provide the information to make challenging decisions. **Jan. 11: Ed McManus**, Facilitator, Division

of Developmental Disabilities, **Illinois Dept. of Human Services**. **Topic:** "How to Obtain Services in Illinois;" **Feb. 8:** **Jane Doyle and Margaret Tanenberg, Center for Independent Futures**, Evanston. **Topic:** "The Full Life Future Planning Model;" **Mar. 8:** **Illinois Association of Microboards and Cooperatives**. **Topic:** Introduction to microboard and coop concepts and a presentation by **Susan Barnhardt**, founder of the first microboard in Illinois approved as a provider; **Apr. 12:** **Carol Kerman**, professional storyteller, and **Joan Martin, Martin Good Life Guild and TotalLink2 Community Cooperative**. **Topic:** "Understanding the Purpose and the Power of Telling Your Family's Story;" **May 10:** **Sue Hans**, NSSED Parent Mentor. **Topic:** "Putting It All Together for You and Your Family." Advance registration is required as space is limited. RSVP to Mary Ades, mades@nssed.org, or 847-831-5100, ext. 211. There is no fee for these sessions. Questions? Contact Sue Hans at 847-831-5100, ext. 228.

6-WEEK MENTAL ILLNESS CLASS

6 consecutive Tuesdays (4/6; 4/13; 4/20; 4/27; 5/4; and 5/11), NAMI Basics: The Fundamentals of Caring for You, Your Family, and Your Child With Mental Illness, 6:30-9:00 PM, New Trier High School, Northfield Campus, 7 Happ Rd., Northfield, 60093 (RSVP). A free, six-week class taught by NAMI-trained parents **Judy Graff** and **Helene Rhodes**. Learn about the biology of mental illness, getting an accurate diagnosis, an overview of treatment options, problem solving, crisis preparation, handling challenging behaviors, and the impact on family members. Includes a review of recordkeeping and the systems your child may be involved in such as school, juvenile justice, and mental health systems. Registration required, call 847-716-2252 for more information and to register. Sponsored by **NAMI, the National Alliance on Mental Illness, Cook County North Suburban**. Visit our web site at namiccns.org.

4-WEEK POSITIVE PARENTING WORKSHOP SERIES

Ongoing (4/9; 4/16; 4/30; 5/7), The ABCs of Positive Parenting, 9:30-11:00 AM, Wilmette Public Library, 1242 Wilmette Ave., Wilmette, 60091 (RSVP; \$). This four-week interactive workshop is presented by **Beth Miller, M.Ed.**, parent coach. Do you feel like your kids don't listen to you? Do you find yourself nagging or negotiating more than you ever imaged you would? Are you tired, frustrated or angry at the end of the day? Attend this informative, interactive workshop where you will learn and implement positive communication and behavioral strategies in your family. Broaden your parenting toolbox and learn effective ways to reduce daily struggles and gain confidence and energy. This workshop, open to 10 parents, is \$100. Ms. Miller, PCI Certified Parent Coach®, has 25 years of experience as an educator and counselor in both the public and private sector. She has worked with hundreds of families, providing guidance, education and support. She helps parents develop effective communication skills and practical strategies to work through every day parenting challenges, individually and in small groups. For more information contact Beth Miller at 847-251-8442 beth@bethmillerparentcoach.com.

YEAR-ROUND MENTAL ILLNESS SUPPORT GROUP

TWO year-round ongoing monthly parent support groups offered **every second Thursday evening and every third Friday morning of the month**. For parents of children and adolescents with brain disorders, behavior problems or school difficulties -- no formal diagnosis necessary. NAMI trained facilitators and parents **Jean and Jim Jorgensen** offer parents the opportunity to discuss the challenges of parenting their child, share resources and receive and offer support from fellow parents. Sponsored by the **National Alliance on Mental Illness (NAMI)**, the nation's largest grassroots organization for people with mental illness and their families. **Evening Group** this month on **Thursday, Dec. 10, 7:30 - 9:00 PM, Kenilworth Union Church, 211 Kenilworth Ave., Kenilworth, 60043**. **Daytime Group** this month on **Friday, Dec. 18, 9:30 - 11:00 AM, Wilmette**

Library, 1242 Wilmette Ave., Wilmette, 60091. Lower level small conference room. Please park in St. John's church lot across Wilmette Ave. For more information please call NAMI CCNS office at 847-716-2252 or visit web site at "namiccns.org".

PLAY

Tuesday, March 2, Building Community Through Play: How Friendship, Fantasy and Fairness Become the Building Blocks of a New Society. 7:00-8:30 PM, Carleton Washburne School, 515 Hibbard Rd., Winnetka, 60093. **Vivian Gussin Paley** taught preschool and kindergarten at the **University of Chicago's** acclaimed **Laboratory School** for over 30 years. She is the author of thirteen books about young children, including, *You Can't Say You Can't Play*, *A Child's Work: The Importance of Fantasy Play*, and her brand-new book, *The Boy on the Beach: Building Community Through Play*. A winner of numerous awards and honors, including a **MacArthur Fellowship "Genius Grant,"** Ms. Paley has long advocated that fantasy play is the mechanism through which children make sense of their worlds. Such meaning-making activity develops both the logic and flexibility needed to form a society based on friendship, fantasy and fairness. Come hear Ms. Paley advocate for "building community through play," a positive message encouraging curiosity, openness, acceptance and love. Sponsored by the **Family Awareness Network of New Trier Township (FAN), The Winnetka Alliance for Early Childhood, Kohl Children's Museum and MakeltBetter.net,** FAN's 09-10 exclusive media sponsor. This is a must-see event for parents, educators and anyone who works with young children. We'll have advance copies of Ms. Paley's new book for sale and signing – not available in stores yet! CPDUs for education professionals. For more information, visit www.fan-ntts.org, or contact The Winnetka Alliance for Early Childhood at 847-441-9001, www.winnetkaalliance.org.

INTERNET SAFETY

Wednesday, March 3, Internet Safety. Managing Your Online Identity. 7:00-9:00 PM, Loyola Academy, East Gym, 1100 Laramie Ave., Wilmette, 60091. Social networking is a great tool, but with it comes a great deal of panic about issues such as: stranger danger, bullying, and the issue of how much we share on these sites and with whom – parents and teens, students and teachers, bosses and employees. **Anastasia Goodstein** is the publisher of *Ypulse*, a *Forbes* magazine "Best of the Web" blog. *Ypulse* chronicles the areas where marketing and popular teen culture overlap. Ms. Goodstein is also the author of *Totally Wired: What Teens and Tweens Are Really Doing Online*. She will integrate real-life stories of privacy violations into a presentation that ends with practical advice on how to manage your online identity. For more information, contact Selina McGuire at 847-920-2512 or smcguire@loy.org. (NOTE: Ms. Goodstein is appearing the following night with the same program for Glenbard West HS, see March 4 posting below).

NEW! SPORTS

Thursday, March 4, Straight Talk About Sports. 7:00 PM, New Trier High School, Northfield Campus, Room C234, 7 Happ Rd., Northfield, 60093. A conversation with **Randy Oberembt, MS, New Trier HS Athletic Director.** Open to all New Trier parents. Sponsored by New Trier's **Ethical Conduct and Global Citizenship Parent Committee.** For more information, contact the ECGC's Parent Committee Co-Chairs Tracey Buchman at jtbc@comcast.net or Mary Rhodes at godental@comcast.net.

INTERNET SAFETY

Thursday March 4, Totally Wired: What Teens are Really Doing Online. 7:00-9:00 PM, Glenbard West High School Auditorium, 670 Crescent Blvd, Glen Ellyn. 60137. Hooking up via MySpace, bullying on a blog, using a cell phone as a tracking device? Clearly, being a teenager isn't the same as it used to be. Wondering what is really going on with teens

and the Web? Cyberspace is an uncomfortable and unfamiliar reality. How can parents find out the best ways to deal with all of the high-tech components of their teen's lives as they venture into the online landscape? **Anastasia Goodstein** fully understands the power of the Internet and how teens are using this technology to network, connect, and speak their mind. As an expert on tweens to twenty-somethings, Goodstein is an award-winning blogger and the founder of **YPulse**, an independent blog for teen/youth media and marketing professionals. She has been featured in many publications including *USA Today*, *Business Week* and *Forbes*. As the best selling author of *Totally Wired: What Teens and Tweens are Really Doing Online*, Goodstein offers an insider's guide to what teens are really doing on the Internet and with technology that is changing at warp speed. Parents will learn 1) What teens are really doing online; the benefits and the drawbacks of the Internet and the newest cell-phone technology; 2) How to understand and reach your "Totally Wired" Teens; 3) How to promote internet safety. This program is a must-attend for parents of teenagers. Reaching today's teens means understanding the role technology plays in their wired lives. From social networking to virtual worlds and cell phones Goodstein will offer insight into how teens are using technology, how it is affecting their lives, and more importantly how to reach them in ways that are authentic and meaningful. Students are welcome to attend as well. **Glenbard Parent Series** is generously funded by a grant from the **Cebrin Goodman Center**. Additional funding for this program has been provided by **Linden Oaks at Edward**. No registration is required. Further information is available by contacting Gilda Ross, Student and Community Projects Coordinator, at (630) 942-7573 or email gilda_ross@glenbard.org. (NOTE: Ms. Goodstein is appearing the previous night with the same program at Loyola Academy, see March 3 posting above).

"HELICOPTER" PARENTING

Thursday, March 4, Allowing Space for Growth: Parental Investment in a Child, 9:30-11:00 AM, Wilmette Community Recreation Center, 3000 Glenview Rd., Wilmette, 60091 (RSVP; \$). We live in a society that values a strong focus on our children. This workshop will explore the dynamics and roots of "helicopter parenting" and will offer alternative ways of thinking to provide more positive support for your child's growth and development at any age. Presented by **Maren Deaver, MSW**, from **The Family Service Center of Wilmette, Glenview, Kenilworth & Northbrook**. Cost is \$20 for Wilmette residents, \$25.50 for non-residents, and requires advanced registration by contacting the Wilmette Park District at 847-256-6100. Babysitting available with reservation. Please call 847-256-9633 to make arrangements.

TV TUNE OUT

Sunday, March 7 through Saturday, March 13, TV Tune Out, various times and locations. Click the power OFF the TV and turn ON the power of your imagination this winter and get ready for **TV Tune Out**. Run wild with your creative energy into participating merchants and organizations for TV Tune Out sponsored activities and adventures. The Chinese Acrobats will kick off this unforgettable week on Sunday, March 7 beginning at 3:30 PM at the Washburne gym, and on March 12, Fabulous Friday will start the weekend festivities with a musical performance entitled, "Where the Sidewalk Ends" from 4:00-5:00 PM, in the Washburne Little Theater. Please mark your calendar for these fun-filled events and stay tuned for more details! Power ON! Sponsored by the **Winnetka Alliance for Early Childhood**. For more information, visit www.winnetkaalliance.org.

NEW! BULLYING

Thursday, March 11, From the Playground to Cyberspace: Bullying in 2010, 12:30 PM, North Shore Unitarian Church, 2100 Half Day Rd., Bannockburn, 60015. **Deerfield Parent Network** presents **Barbara Coloroso**, internationally recognized speaker and author. Her book, *The Bully, the Bullied and The Bystander*, outlines how

parents and teachers can break the cycle of violence. Learn how the Internet has expanded the avenues kids use to target their victims. Admission is free. For more information call 847-317-0835.

NEW! SOCIAL-EMOTIONAL SKILLS IN EARLY CHILDHOOD

Thursday, March 11, Improving Social Skills and Emotional Intelligence in Preschool Children: 6 Things Parents and Teachers Can Do, 7:00-8:30 PM, Deerfield Public Library, 920 Waukegan Rd., Deerfield, 60015. Presented by **Robert Daniels, Ph.D.**, licensed clinical psychologist and **Executive Director of the Chicago Children's Clinic**. Sponsored by the **Board of Jewish Education (BJE)**. Dr. Daniels has received numerous awards and grants for his research studies on autism, cooperative learning, and bipolar disorder. He is an invited speaker at many agencies, school districts, and parent groups. He specializes in the treatment of children with autism, social skill deficits, disruptive behavior, or learning disabilities. The Chicago Children's Clinic, led by Dr. Daniels, was chosen by the University of California, Santa Barbara to be the first Chicago-area treatment setting to train professionals in **Pivotal Response Treatment (PRT)** for children with autism. Dr. Daniels serves on the Board of Directors of the not-for-profit agency, **Jewish Child and Family Services**. The Chicago Children's Clinic improves the lives of young people by providing excellent clinical care with compassion and understanding, and by empowering families, schools, and communities. The program is free and open to the public. For more information, please contact Selma Brown, Board of Jewish Education of Metropolitan Chicago: (847) 945-8577 or the Chicago Children's Clinic: (312) 587-1742

LEAD'S PARENT UNIVERSITY

Saturday, March 13, Parent University, 9:00 AM-1:00 PM, Gorton Community Center, 400 E. Illinois Rd., Lake Forest, 60045 (**RSVP; \$**). *Check-in at 8:30 AM*. Keynote speaker, **Barbara Coloroso**, internationally recognized speaker and author, will discuss how to teach kids from toddlers to teens to think and act ethically in her presentation: "Just Because It's Not Wrong, Doesn't Make It Right." Hear her advice and attend some of the many other workshops presented during this morning event. Registration is \$30 per person (\$35 after March 5). For more information, contact **LEAD (Linking Efforts Against Drugs)** at lead9075@aol.com, or call 847-295-9075, or visit LEAD's website: www.leadweb.org.

SPECIAL NEEDS/SIBLINGS

Tuesday, March 16, Thoughts from Siblings of Children with Special Needs, 7:30-9:30 PM, New Trier High School, Northfield Campus, Room C234, 7 Happ Rd., Northfield, 60093 (**RSVP**). It is important to address the unique needs of siblings of children with disabilities, especially when you consider that the sibling relationship is often the longest relationship that anyone has in their lives. Brothers and sisters share many of the same feelings and concerns that parents of children with special needs experience, such as feelings of guilt, isolation, and concern over what the future holds. Listen and learn from a panel of adult siblings of people with special needs as they discuss their relationships with their siblings, pivotal moments in their lives, challenges they have experienced, and their thoughts on future planning. Panelists will also take questions from the audience. The discussion will be moderated by **Tammy Besser, LCSW**, of **Jewish Child & Family Services**, who coordinates **Sibshops** and **Teen Sibshops** developed by **Don Meyer** of the **Sibling Support Project**. A helpful resource list will be available. This workshop is appropriate for parents of children with disabilities and for the siblings (high school and beyond) of people with disabilities. Sponsored by **NSSSED-APS**. Space is limited. To ensure a seat, please RSVP to mades@nssed.org with your name, home telephone number and school district by March 12, 2010. Direct questions to Karen Noonan at 847-831-5100, extension 210.

TEENS AND THE LAW

Wednesday, March 17, Parties, Teens and the Law – How to Protect Our Children, 7:00-9:00 PM, Loyola Academy, East Gym, 1100 Laramie Ave., Wilmette, 60091. This will be an informative panel discussion on the realities of today's teen scene. Parents will learn about their rights and responsibilities, as well as life-saving information. Panel will include **Judge O'Brien**; a law enforcement officer; **Kevin Kusy**, an addictions counselor; and **Selina McGuire, Loyola Academy Director of Health & Wellness**. For more information, contact Selina McGuire at 847-920-2512 or smcguire@loy.org.

RELATIONSHIP WITH AN ADULT CHILD

Saturday, March 20, Creating a Relationship with Your Adult Child, 9:00 AM – 1:00 PM, Loyola University Water Tower Campus, TBA, (**RSVP; \$**). Being a parent of a child who is 18 to 34 years old can be a mixture of joy, confusion, frustration, and pain. Even though he/she may be a legal adult, the transition to adulthood in other domains may not be complete. How can we serve as guides and maintain a positive, loving connection with our adult children as they journey through the multiple transitions to full adulthood? The workshop objective is to have greater clarity about the next steps to take to create a more satisfying relationship with your adult child. In this session, we will assist you in 1) Understanding how our culture has changed since we were in our 20's; 2) Defining characteristics of the parent-adult child relationship you desire; 3) Sorting through what can be changed and what must be accepted; 4) Identifying resolutions to common issues, such as continuing financial support, moving back home, and family transitions (re-marriage, divorce, non-traditional relationships, grandchildren, selling the family home). The 4-hour, interactive workshop will be a combination of short informational presentations, personal reflective exercises, and small and large group discussions. Instructors: **Judith Luken-Johnson, MSIR, MBA**, served as Program Manager for the **Family Awareness Network of New Trier Township**, a parent organization, for several years. Her career experience is in corporate training and employee relations management. **Meg Haycraft, LCSW**, is a specialist in building bridges in marriage and family relationships. She and her husband, **Dr. Dan Haycraft**, are partners in their company, **TWOgether, Inc.**, in Skokie, IL. \$125.00. For more info and registration, www.luc.edu/continuum

PARENTING

Tuesday, March 23, The Parents We Mean to Be, 7:00-9:00 PM, Francis W. Parker School, Heller Auditorium, 330 W. Webster Ave., Chicago, 60614. This lecture by **Richard Weissbourd, Ph.D., (richardweissbourd.com)** is one of a series of FWP's "Nightviews" speakers. The series provides a forum for conversation on world perspectives featuring talks on current educational, political, cultural, social, psychological and scientific issues. All events are free and open to the public. Dr. Weissbourd is the author of *The Parents We Mean To Be, How Well-Intentioned Adults Undermine Children's Moral and Emotional Development*, and the author of *The Vulnerable Child, What Really Hurts America's Children and What We Can Do About It*, recently named by the *American School Board Journal* as one of the top ten education books of all time. A child and family psychologist, Dr. Weissbourd is on the faculty of **Harvard's Kennedy School of Government and School of Education**. For several years he worked as a psychologist in community mental health centers as well as on the **Annie Casey Foundation's New Futures Project**, an effort to prevent children from dropping out of school. He is a founder of several interventions for at-risk children, including **ReadBoston** and **WriteBoston**, city-wide literacy initiatives led by **Mayor Menino**. With **Robert Selman**, he founded **Project ASPIRE**, a social and ethical development intervention. He is a founder of **The Lee Academy** in Boston, offering a continuous program between preschool and elementary school that serves children ages 3-11. He has advised on the city, state and federal levels on family policy and school reform

and has written for numerous scholarly and popular publications including the *New York Times*, *The New Republic* and the *American Prospect*.

NEW! PARENT COACHING

Thursday, April 8, Coaching for Parents: A Holistic Approach, 8:30-10:00 AM, Science and Arts Academy, 1825 Miner St., Des Plaines, 60016. **Ian King** of **King Solutions, Inc.**, president of the **ADHD Coaches Organization** and past president of the **International Coach Federation ~ Chicago**, will talk about Systems Theory and how this holistic approach to coaching and/or parenting can lead to enormous growth. Mr. King has created a proven coaching process, with supportive tools, to assist his clients in narrowing and eventually eliminating the chasm between who they want to be and their personal concept of success. Mr. King has a unique approach to working with gifted individuals and the systems in which they operate. Whether you or your child is struggling with a specific problem such as organization or attention, or you are looking to better understand motivation, achievement, and potential, you will benefit from this enlightening discussion. There is no charge for this lecture. For more information, please call the Science and Arts Academy at 847-827-7880, or contact Kim Corless at kim@corless.com.

BOYS (First of Two Events)

Tuesday, April 13, Raising Cain: The Nature of Boys, 11:00 AM, Marquardt Administration Center auditorium, 1860 Glen Ellyn Rd., Glendale Heights, 60139. "What's the matter with my son? Why won't boys talk to adults?" America's boys are in trouble. Boys today are performing and faring worse in the classroom than ten years ago. They struggle between the demand for emotional silence and the need for healthy emotional expression. Educators and parents in the United States are engaged in an important debate about the way we raise and educate boys. After twenty years of illuminating research on girls it is time to consider some of the risk factors that afflict the lives of boys. They are four times more likely than girls to be sent to a school psychologist; they are diagnosed with 60-80% of learning disorders. Their areas of strength, physical activity and visual-spatial perception, are not as important as verbal skills in the feminine, quiet, word-dominated environment of schools. Boys are at risk for concluding that schools don't work for them and becoming withdrawn and bitter. Their powerful "culture of cruelty" may require boys to adhere to a narrow ideology of masculinity: avoidance of feeling, AND fear of personal weakness. The result may be a boy who is or appears closed and often angry. **Michael G. Thompson, Ph.D.**, is a superstar among the most elite parent-speakers. These programs are absolute DO NOT MISS events! Highly sought after, Dr. Thompson has served as consultant to more than 500 schools in the U.S. and abroad. He has appeared on the *Today Show*, the *Oprah Winfrey Show*, *20/20* and *60 Minutes*. Dr. Thompson was the co-author, host and narrator of a two-hour PBS documentary entitled, "Raising Cain: Focus on Boys." He has written eight books, including the *New York Times* bestseller, *Raising Cain: Protecting the Emotional Life of Boys*. Come listen to this acclaimed expert and best selling author provide insight into raising and communicating with your adolescent. In this talk, Dr. Thompson gives suggestions to fathers and mothers about how to help a boy remain emotionally open in adolescence and what can we do to create schools, families and communities where boys can thrive. This presentation is free and open to all, and no registration is required. GPS (Glenbard Parent Speaker Series) is generously underwritten by a grant from the **Cebrin Goodman Foundation**). Additional funding for these programs provided by **CASE-Cooperative for Special Education**. For questions contact Gilda Ross, Glenbard Student and Community Projects Coordinator at gilda_ross@glenbard.org or 630 942-7573.

PRESSURED CHILD (Second of Two Events)

Tuesday, April 13, How To Raise Responsible Children: Helping Your Child Find Success, 7:00 PM, Glenbard South High School Theater, 23W200 Butterfield Rd., Glen

Ellyn, 60137. **Michael Thompson, Ph.D.'s**, second presentation of the day will discuss the pressures and concerns our teens experience in high school. Dr. Thompson mixes anecdote and clinical experience with his research on the outcomes of different parenting styles and comes up with a recipe for providing teens with an internal foundation for moral behavior. All adolescents need a "framework" around them. Only when a child feels securely anchored and contained will he or she be able to follow rules consistently. How can a parent provide consistency and how can he or she successfully communicate with his or her teen around issues of responsibility? What do we know about the different outcomes of democratic, authoritative and authoritarian parenting? Which method of parenting produces the most competent child? Dr. Thompson provides a most useful perspective around these challenging teen years. Many parents have heard this talk and felt both affirmed and challenged by it. Many teenagers have heard it and have had to admit that it probably is, well, right. Dr. Thompson is a superstar among the most elite parent-speakers. These programs are absolute DO NOT MISS events! Highly sought after, Dr. Thompson has served as consultant to more than 500 schools in the U.S. and abroad. He has appeared on the *Today Show*, the *Oprah Winfrey Show*, *20/20* and *60 Minutes*. Dr. Thompson was the co-author, host and narrator of a two-hour PBS documentary entitled, "Raising Cain: Focus on Boys." He has written eight books, including the *New York Times* bestseller, *Raising Cain: Protecting the Emotional Life of Boys*. This presentation is free and open to all, and no registration is required. GPS (Glenbard Parent Speaker Series) is generously underwritten by a grant from the **Cebrin Goodman Foundation**). Additional funding for these program provided by **CASE-Cooperative for Special Education**. For questions contact Gilda Ross, Glenbard Student and Community Projects Coordinator at gilda_ross@glenbard.org or 630 942-7573.

ALCOHOL

Tuesday, April 13, Peer Pressure and Underage Drinking: The Inside Scoop, 7:00-8:30 PM, Lake Forest Hospital, Health Education Center, 660 N. Westmoreland Rd., Lake Forest, 60045. Understand how to deal with the social pressures of drinking that teens in our community face. Learn the tricks of "their" trade and how you can keep your child alcohol free. Teach them how not to "cave in" to these pressures. Facilitator: **Tom Miller, Certified Alcohol & Drug Counselor, The Child Adolescent & Family Development Center**. For more information, contact **LEAD (Linking Efforts Against Drugs)** at lead9075@aol.com, or call 847-295-9075, or visit LEAD's website: www.leadweb.org.

NEW! CHILD DEVELOPMENT

Friday, April 16, Boys to Men/Girls to Women: New Paths and Old Ruts on the Road to Becoming an Adult, 11:30 AM, site in Glencoe TBA, (RSVP; \$). **The Family Institute at Northwestern University's Spring Circle of Knowledge Lectures**, presented by **William M. Pinsof, Ph.D., LMFT**, president of **The Family Institute**. Dr. Pinsof is also the **Director of the Center for Applied Psychological and Family Studies at Northwestern**, and **Clinical Professor in the Department of Psychology** there. His academic and research work has focused on understanding the process of marital and family therapy and evaluating its outcome. Dr. Pinsof has published and lectured extensively throughout his career and is the author of a major family therapy textbook, *Integrative Problem-Centered Therapy: A Synthesis of Family, Individual and Biological Therapies* (1995) and is co-editor of *Family Psychology: The Art of the Science* (2005). Along with running the Institute and the Center, he conducts research and maintains a clinical practice at the Institute. Dr. Pinsof received an award from the American Association for Marriage and Family Therapy for Distinguished Lifetime Contribution to Family Therapy Research in 1996 and the award for Distinguished Contribution to Family Therapy Theory

and Practice from the American Family Therapy Academy in 2001. Call 312-609-5300, ext. 480, for more information, and to learn the site of the event. \$45 per person.

NEW! HUMAN NATURE AND SOCIAL CONNECTION

Wednesday, April 21, Widening Our Circle of Compassion: Human Nature and the Need for Social Connection, 7:00-9:00 PM, New Trier HS/Winnetka, Gaffney Auditorium, 385 Winnetka Ave., Winnetka, 60093. **John Cacioppo, Ph.D., Distinguished Service Professor and Director of the Center for Cognitive and Social Neuroscience at The University of Chicago**, founder of the field of social neuroscience, and a world expert on both perceived and real social isolation, will explain how we as a species have evolved a powerful, meaning-making "social brain." Using sophisticated brain-imaging studies, analysis of blood pressure, immune response, stress hormones, behavior and gene expression, Dr. Cacioppo shows how humans are deeply intertwined and interconnected, physiologically and psychologically. We are hard-wired for interdependence, and Dr. Cacioppo's decades-long interdisciplinary research reveals that loneliness is a painful social cue that prompts us to re-engage with our high-quality relationships. The pain of loneliness triggers a fear response that disrupts thinking, emotion regulation, will power, and perseverance, as well as our ability to decode social signals and exercise social skills, potentially affecting our very DNA. Author of the highly acclaimed 2008 book, *Loneliness: Human Nature and the Need for Social Connection*, Dr. Cacioppo will urge us to consider the therapeutic power of social connection, and advise us on how to overcome defensive behaviors to achieve better health and greater happiness. This presentation has profound implications for our culture's focus on competition and individualism at the expense of social cohesion and trust. Sponsored by the **Family Awareness Network of New Trier Township (FAN)**, in a broad partnership with seven other organizations: **Erika's Lighthouse; Family Service of Glencoe; Family Service Center of Wilmette, Glenview, Northbrook and Kenilworth; Family Service of Winnetka-Northfield; New Trier HS Social Work Department; NorthShore University HealthSystem; and MakeltBetter.net**. Dr. Cacioppo's presentation, a deft blend of biology and social science, delivered from an empathic, insightful stance, will broaden your horizon. Not to be missed – bring your teen! CPDUs for education professionals. For more information, visit www.fan-ntts.org, or contact any of the partnering organizations.

SEX AND SEXUALITY

Wednesday, April 21, Let's Talk Sense About Sex, 7:00-9:00 PM, Loyola Academy, East Gym, 1100 Laramie Ave., Wilmette, 60091. What is the difference between sex and sexuality? How do you answer the tricky questions your children pose about sexuality? How do you overcome the negative influences from our popular culture? **Terry Nelson-Johnson, D.Min.**, is **Director of Family Faith Formation at Old St. Patrick's Church** in Chicago. Dr. Nelson-Johnson is an energetic and passionate speaker who uses his gift of humor to help parents deal with this sensitive subject matter. For more information, contact Selina McGuire at 847-920-2512 or smcguire@loy.org.

NEW! PARENT-CHILD COMMUNICATION

Thursday, April 22, Connecting with Our Children, 9:00 AM, Mikaelian Education Center, 615 Locust Rd., Wilmette, 60091. The **Romona PTA** invites you to join us for a light breakfast and engaging presentation by **Kelly Matthews-Pluta, MSW, LCSW**. Ms. Matthews-Pluta will focus on how parents' knowledge of their children, along with clear thinking, can be the most useful tool in today's busy – sometimes hectic - world. She will talk about the sources and impact of anxiety on the whole family. She has been a practicing psychotherapist since 1993 and has been on the **Family Service Center of Wilmette, Glenview, Northbrook and Kenilworth** staff since 2001, working with individuals, families, and couples. Ms. Matthews-Pluta is a graduate of the postgraduate program at **The**

Center for Family Consultation. She received her B.A. in Social Work and Elementary Education at Mundelein College and received her M.S.W. at U.I.C. Jane Addams. There will be lots of time for discussion and questions. Everyone is welcome.

NEW! CHILD DEVELOPMENT

Friday, April 23, Boys to Men/Girls to Women: New Paths and Old Ruts on the Road to Becoming an Adult, 11:30 AM, site in downtown Chicago TBD, (RSVP; \$). **The Family Institute at Northwestern University's Spring Circle of Knowledge Lectures**, presented by **William M. Pinsof, Ph.D., LMFT**, president of **The Family Institute**. Dr. Pinsof is also the **Director of the Center for Applied Psychological and Family Studies at Northwestern**, and **Clinical Professor** in the **Department of Psychology** there. His academic and research work has focused on understanding the process of marital and family therapy and evaluating its outcome. Dr. Pinsof has published and lectured extensively throughout his career and is the author of a major family therapy textbook, *Integrative Problem-Centered Therapy: A Synthesis of Family, Individual and Biological Therapies* (1995) and is co-editor of *Family Psychology: The Art of the Science* (2005). Along with running the Institute and the Center, he conducts research and maintains a clinical practice at the Institute. Dr. Pinsof received an award from the American Association for Marriage and Family Therapy for Distinguished Lifetime Contribution to Family Therapy Research in 1996 and the award for Distinguished Contribution to Family Therapy Theory and Practice from the American Family Therapy Academy in 2001. Call 312-609-5300, ext. 480, for more information, and to learn the site of the event. \$45 per person.

HAPPINESS

Wednesday, April 28, Guiding Our Kids to Authentic Happiness, 7:00 PM, Central School, 620 Greenwood Ave., Glencoe, 60022. At the **Glencoe PTO's Annual Meeting**, **Aaron Cooper, Ph.D.**, a psychologist with **Northwestern University's Family Institute** and author of *I Just Want My Kids to Be Happy*, discusses how parents can help their children achieve authentic happiness and – surprise! – it's often not the kind that comes with getting good grades or winning trophies. This program is open to the public. Visit www.glencoepto.org for more information.

DIGITAL YOUTH

Monday, May 3, Raising Kids in the New Digital World, 7:00-9:00 PM, Francis W. Parker School, Heller Auditorium, 330 W. Webster Ave., Chicago, 60614. The public is invited to the 12th Annual Francine C. Rosenberg Memorial Lecture Series featuring **Jim Steyer, CEO of Common Sense Media, Inc.**, an expert on raising children in today's complex media landscape. He will provide an overview of media in the 21st century and the perils and possibilities it poses for our children, as well as practical ideas on how parents can help their children make the most of this digital world. This event is free and open to the public, so please feel free to invite friends and colleagues. Mr. Steyer has spent more than 20 years as one of the most respected experts and entrepreneurs on issues related to children's policy and media in the United States. As CEO, he is responsible for the overall leadership of Common Sense Media, the nation's leading non-partisan organization dedicated to improving the media lives of kids and families. Prior to founding Common Sense, Mr. Steyer was chairman and CEO of **JP Kids**, a respected family media company. Before that, he served as president of **Children Now**, a leading national advocacy and media organization for children, which he founded in 1988. In addition to his duties at Common Sense Media, Steyer teaches popular courses on civil rights, civil liberties and children's issues at **Stanford University**, where he has taught for the past 19 years. During that period, he has received a number of Stanford's highest teaching honors. He is also the author of the widely acclaimed book *The Other Parent: The Inside Story of the Media's Effect on Our Children*, which draws upon his extensive experience as a leading child advocate, educational media

expert and Dad. During the past decade, Steyer has appeared regularly on a variety of national television and radio programs, including *The Today Show*, *Good Morning America*, *Oprah*, CNN, *The O'Reilly Factor* and *Larry King*. He hosts a regular weekly segment on "Kids and the Media" on CBS-5 TV in San Francisco, and his work has been featured in numerous publications including *The New York Times*, *The Washington Post*, *USA Today*, *Newsweek* and *The Wall Street Journal*.

FUNDRAISER

Saturday, March 6, "Tuned In: A Teen Music Showcase," 7:30 PM, Mundelein Auditorium Theater, Loyola University Chicago – Lake Shore Campus, 1032 W. Sheridan Rd., Chicago, 60626 (RSVP; \$; F). **Tuned In** brings together talented teen performing groups for an evening of music and fun. This is your opportunity to get with the beat and hear young local talent. Proceeds benefit **Response**, which provides counseling, substance abuse prevention, workshops, school and community group outreach, youth leadership, and sexual health services to over 13,000 adolescents ages 12-21 and their families each year. Response is a program of the **Jewish Federation of Metropolitan Chicago** administered by **Jewish Child & Family Services**. We are a partner in servicing the community, supported by the Jewish Federation/Jewish United Fund. For tickets or more information, please call 224-625-2922 or visit www.responsecenter.org.

FUNDRAISER

Sunday, March 7, "TV Tune Out Kick Off Event: The Chinese Acrobats," 3:30 PM, Washburne School Gym, 515 Hibbard Rd., Winnetka, 60093 (\$; F). The Chinese acrobats combine Chinese tradition and incredible acrobatic performances, and feature outstanding balancing, martial arts, Chinese poles, and foot juggling. Don't miss this show - you won't believe your eyes! Admission is \$7 in advance; \$8 at the door (children under 1 are free). Send your check, made out to **Winnetka Alliance**, along with a stamped, self-addressed envelope to: Julie Zimmerman, 1556 Tower Rd., Winnetka, IL 60093. Or order online at www.winnetkaalliance.org (\$2 charge for online orders). This event is generously underwritten by the **Winnetka Park District**. Questions? Call Julie Zimmerman at 847-386-6286.

FUNDRAISER

Friday, March 12, "Where the Sidewalk Ends: A Musical Production," 4:00 PM, Washburne School Little Theater, 515 Hibbard Rd., Winnetka, 60093 (\$; F). An **American Eagle Production** based on the beloved poetry of Shel Silverstein. Admission is \$7 in advance; \$8 at the door (children under 1 are free). Send your check, made out to **Winnetka Alliance**, along with a stamped, self-addressed envelope to: Julie Zimmerman, 1556 Tower Rd., Winnetka, IL 60093. Or order online at www.winnetkaalliance.org (\$2 charge for online orders). This event is generously underwritten by **Make It Better**. Questions? Call Julie Zimmerman at 847-386-6286.

FUNDRAISER

Sunday, March 14, "Billy Jonas Family Concert," 4:00 PM, Jewish Reconstructionist Congregation, 303 Dodge Ave., Evanston, 60202 (\$; F). A **Billy Jonas** performance is an explosion of energy. In singalongs, bangalongs, whisperialongs, as well as improvised songs, his primary instrument is the audience. Everyone becomes part of a performance that reaches out and ". . . touches even the most hardened of hearts." \$15.00. Children under one (1) free. Tickets may be purchased through www.jrcbillyjonas.eventbrite.com. Sponsored by the **Jewish Reconstructionist Congregation** in Evanston. Suggested for families with children ages 1-12. For more information, visit www.jrc-evanston.org.

NEW! FUNDRAISER

Thursday, April 22, Hyde Park Day School's 10th Anniversary Event, 6:00 PM, Ravenswood Billboard Factory, 4025 N. Ravenswood Ave., Chicago, 60613 (RSVP; \$; F). Please join us to support the **Hyde Park Day School** and celebrate 10 years of helping bright kids with learning disabilities discover their learning abilities. In 2000, Hyde Park Day School opened its doors to 6 children. Today, with campuses in both Chicago and Northfield, HPDS enrolls nearly 100 students per year. Hyde Park Day School has provided multisensory and technology enhanced education for over 200 children with moderate-to-severe learning disabilities, and has transitioned approximately 150 children, so far, back to mainstream

public and private schools. Equipped with renewed self-esteem, appropriate learning strategies, study skills and the ability to self-advocate, these students now perform at or above grade level and are well on their way to achieving their true potential. This really is cause for celebration as we all stand to benefit from the unique gifts these children have to share! What to Expect: **Tom Smothers**, of the legendary musical-comedy team, **The Smothers Brothers**, will perform and will also offer reflections on his own personal learning disability, dyslexia. An assortment of assistive technology will be on display. Guests will have the opportunity to experience how our students benefit from these remarkable tools. Drinks and hors d'oeuvres will be served. Tickets: \$175 each. Adults only, please. Proceeds will support the school and will enhance opportunities for current and future students. Contact: Karen Meyer, Director of Development and Community Relations, HPDS, 847-446-6095, or kmeyer2@uchicago.edu. For more information about Hyde Park Day School, please visit: hpds.uchicago.edu.