



2016-2017 Schedule of Parent Workshops

a collaboration with

Ridgefield Public Schools, Ridgefield Council of PTA's, Ridgefield Library, Ridgefield Youth Commission, Books on Common, Project Resilience, Town Vibe and Silver Hill Hospital

September 27, 2016: (Tuesday, 7:00 pm, Ridgefield Library)

"The World of Work: Getting Your Teen Ready Begins Now"

Jeffrey Selingo, author of "There Is Life After College" with book sale and signing

October 4, 2016: (Tuesday, 7:00 pm, Ridgefield Library)

"Stress Busters: Teaching Your Kids to Cope Effectively"

Tracy Masella, LCSW (Silver Hill), Leslie Cohen-Rubury, LCSW;
Elizabeth Archibald, MPH, RD; Kristin Kleis (Ridgefield Public Schools)

November 1, 2016: (Tuesday, 7:00 pm, Ridgefield Library)

"Sexting, and Hooking Up: Talking With Your Teen About Sex and Healthy Relationships "

Kate Ott, author of *Sex + Faith: Talking to Your Child from Birth to Adolescence*; book sale/signing
Anne Rodwell-Lawton, Director of Education, Women's Center of Greater Danbury

December 1, 2016 (Thursday, 7:00 pm, Ridgefield Library):

"When Kids Won't Go: Coping with School Avoidance and Anxiety"

Aaron Krasner, M.D.; Silver Hill Hospital

January 24, 2017 (Tuesday, 7:00 pm, location TBD):

"How to Raise an Adult:

Break Free of the Overparenting Trap and Prepare Your Kid for Success"

Best-selling author and dean at Stanford University will discuss the crucial skills necessary for success in college and beyond. (Nominal admission fee; book sale / signing)

Julie Lythcott-Haims

February 7, 2017 (Tuesday, 7:00 pm, Ridgefield Library)

"Interning for Adulthood: Essential Skills Teens Need to Succeed in Adulthood"

TBA

March 9, 2017 (Thursday, 7:00 pm, Ridgefield Library):

All Our Children: Understanding the LGBTQ World

Cathy Plourde, M.A.

April 4, 2017 (Tuesday, 7:00 pm, Ridgefield Library):

"Tweets, Sexts and Taunts: What Parents Need to Know About Teens and Social Media"

TBA

Each workshop will be followed the next day by a brown-bag lunch discussion, 12 noon, at Ridgefield Library
For more information and locations, like us on Facebook (Project Resilience) Admission is free (except Jan. 24th) but registration is requested. Please go to www.ridgefieldlibrary.org or call 203-438-2282